THE SATURDAY EVENING POST

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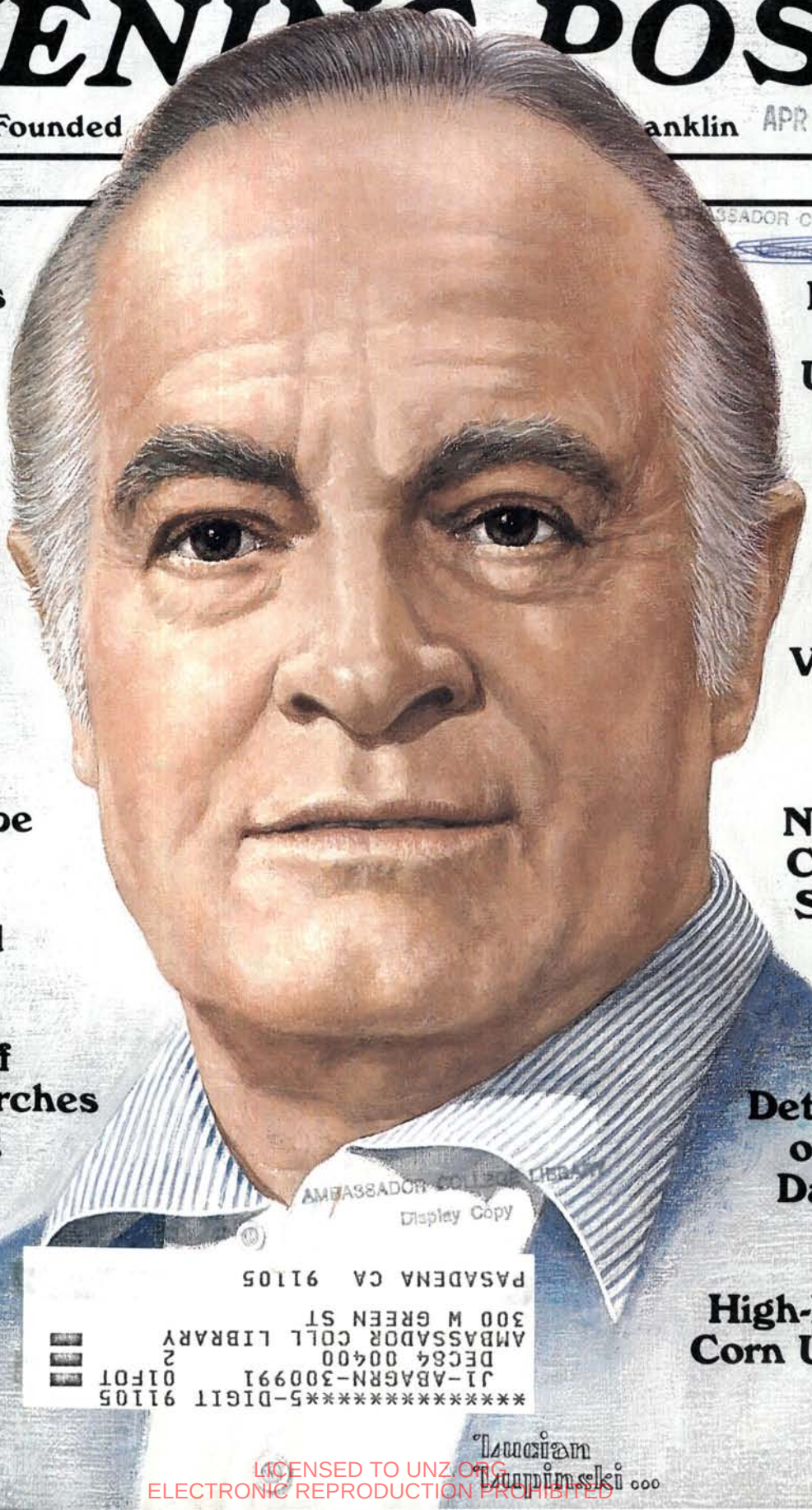

Bob Hope's "Fountain of Youth"

Olympic Winners

Dorothy Thomas

Bean Recipe Contest Winner Announced

Disciples of Christ Churches Multiplying

Kidney Stone Update

Carl Lewis

Vets on Pets

Norman Cousins Speaks Out

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Introducing Julia... A Victorian Bride

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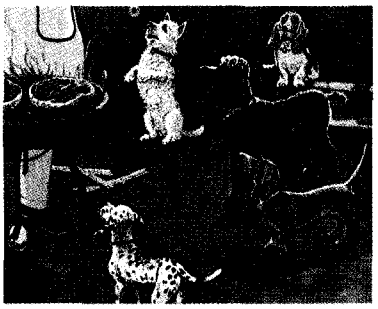
Seriously, Now, Bob Hope—how come you look and feel so good at 80? **46**



No Bones about It—if you feed your dog a nutritional diet, it may add years to his life. **26**

The Disciples of Christ—remains a little-known denomination after 152 years. **70**

Cashing In on the Outer Banks—North Carolina begins a three-year "400th Anniversary" celebration. **90**

THE SATURDAY EVENING POST

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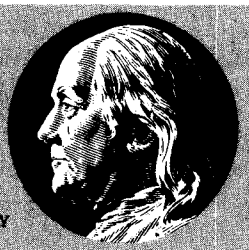

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(Cover painting by Lucian Lupinski)

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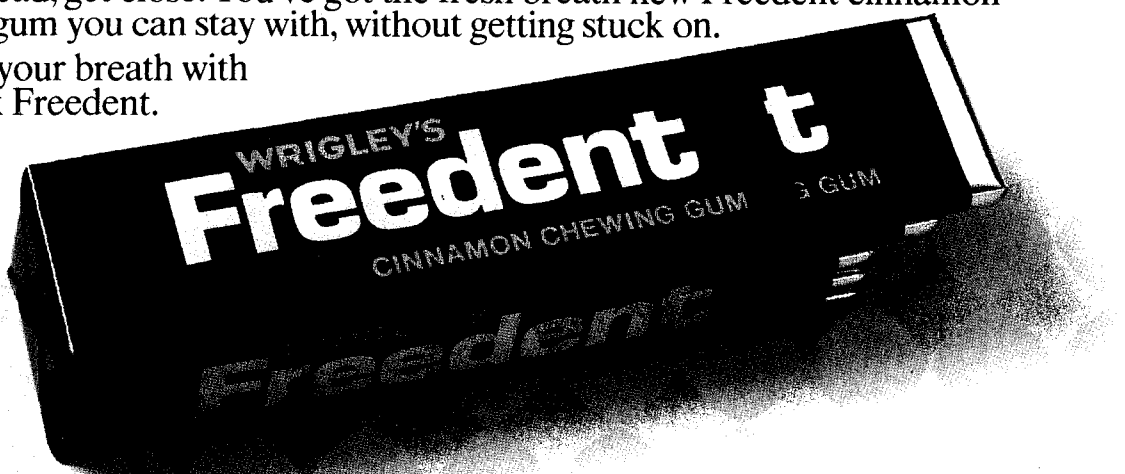

Get new Freedent cinnamon. The only cinnamon gum that freshens breath, without sticking.

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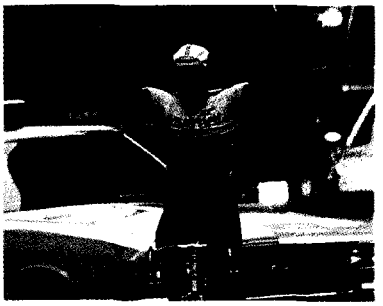
High-Lysine Corn—is coming for us and for Third World countries. **64**



Olympic Hopefuls in Focus—with sports photographer Walter Iooss, Jr., looking through the viewer. **52**

Carl Lewis, Far Out—U.S. broad jumper puts his best foot forward to win the gold. **20**

Norman Cousins Speaks Out—on the indisputable connection between smoking and illness. **30**

Cancer Can Be Cured—declares 90-year-old scientist Dr. Albert Szent-Györgyi. **40**

Letters

This Idea's a Lock

I wonder why no one has come up with the idea that automobile trunks, ice boxes, refrigerators, refrigerated rooms and bank vaults all need handles on the inside of the latches and locks so people won't get locked inside? Something like a bank vault only needs another door opening out to maintain security. It seems as basic as the invention to see through walls, called "windows."

I enjoy your magazine very much, and since you seem interested in the well-being of everyone, I thought you might like to help spread a good word.

Barbara Anne Fearn
Indianapolis, Indiana

Price Supporter

For years the American public has taken the U.S. Congress to task for price-supporting tobacco raising and at the same time spending millions trying to influence the public to stop smoking.

I suggest that Congress let the tobacco-belt farmers know that price supports will end in three years but price support will continue for another three years for those farmers who convert their fields to high-lysine corn.

Don C. Albin
Aurora, Colorado

Smoking Ban Fans

The other day my wife, rereading the January/February 1984 issue of *The Saturday Evening Post*, called my attention to the letter "Dead Set on Smoking," by Robert J. Moore. I had overlooked this letter.

I was very pleased to read of your position on ads for tobacco products. Maybe one of these days Mr. Moore will change his feelings on smoking like I have. Twenty-one years ago I had to quit smoking because of a stomach ulcer that was developing. Nowadays my advice is, don't ever start smoking, but if you do, don't quit, because you may develop a series of sinus-related allergies. I have since been to many doctors and spent a lot of money to alleviate the allergies. I know of others who have also developed allergies after quitting smoking. It only

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EDITORIAL
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ART
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PRODUCTION
Mike Leininger, *Production Manager*
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Penny Lindsay-Rasdall, Phyllis Lybarger, Patricia Stricker, *Compositors*

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GENERAL OFFICES
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ADVERTISING OFFICES
Khris Robinson, *Marketing Coordinator*
Janet Andersen, *Corporate Marketing*
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Jerri Chowning, *Marketing Research*
LaDonna Wing, *Special Sections Administrator*
1100 Waterway Boulevard
Indianapolis, Indiana 46202
(317) 636-8881, Telex 27-440

NEW YORK
Ron McIntyre, *Associate Publisher*
Tory George, *New York Sales Manager*
Barbara Dugan,
Colleen Jennings, Sharon Preston
Suite 1865, Waldorf-Astoria, 301 Park Avenue
New York, New York 10022 (212) 371-0400
Bob Bernbach
274 Madison Ave., Suite 1804
New York, New York 10016
(212) 696-4650

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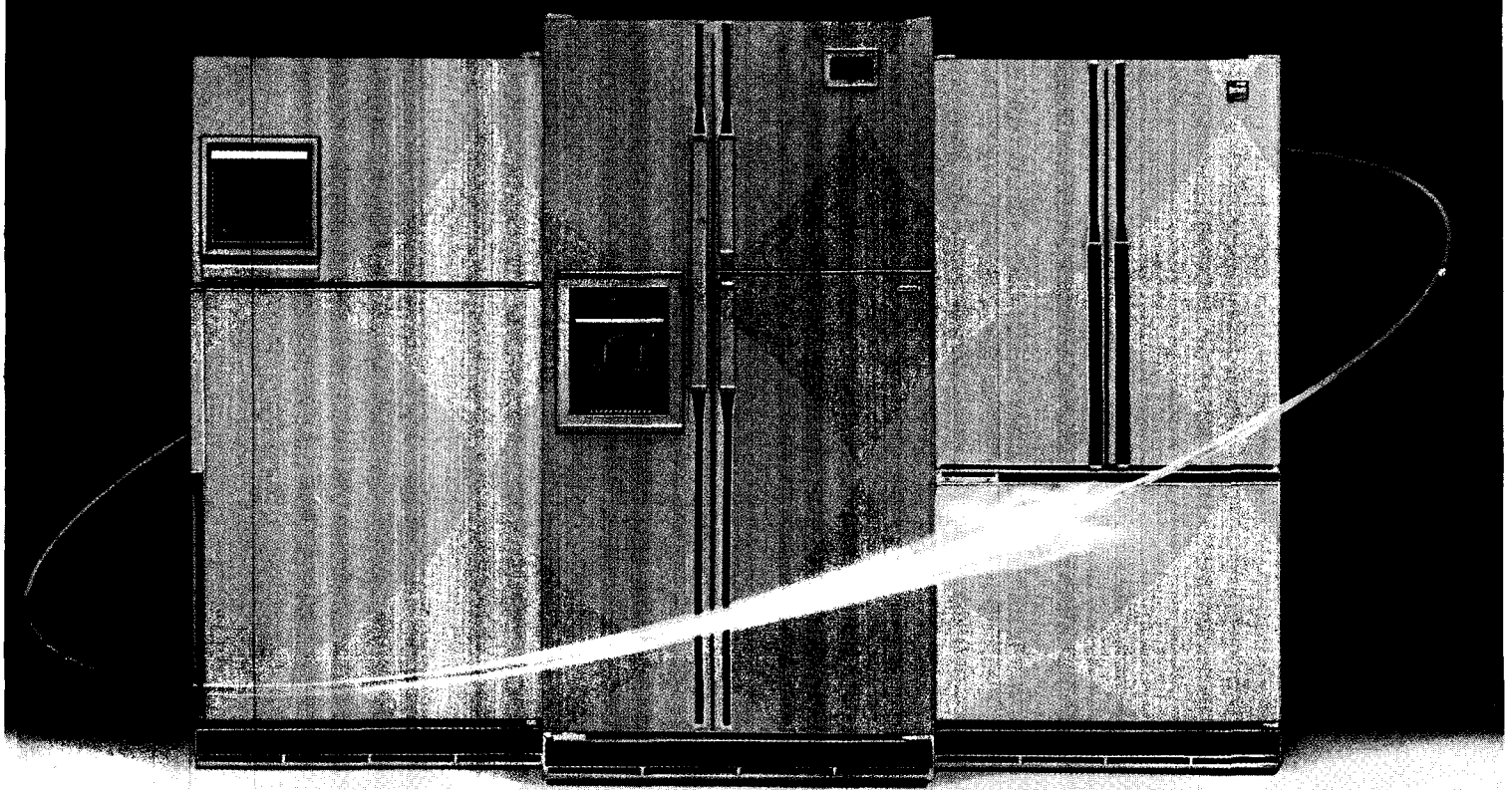

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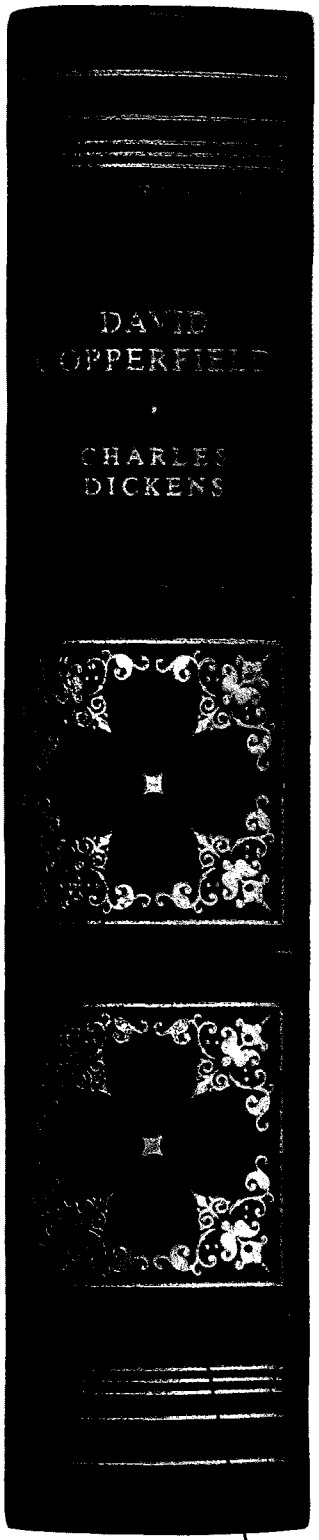
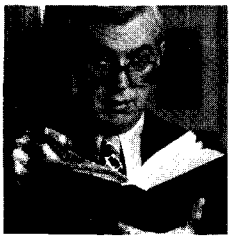


"The raised spine is a giveaway. That's quality binding. **$30.**"

KEN McCORMICK,
Sr. Consulting Editor,
Doubleday.

"The illustrations are superb. Excellent typography. **$35.**"

CLIVE BARNES,
Cultural critic, New York Post.



"The paper is fine mill. The end pages an unusual design. A first-class job. **$35.**"

PHILIP LYMAN,
Gotham Book Mart.

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The page edges are gilded; the paper, itself, is crisp, opaque, specially milled and acid free to last for generations.

Many artists were commissioned for the project. And the illustrations are magnificent. (The color paintings by Thomas Rowlandson in TOM JONES make us tingle with pleasure.)

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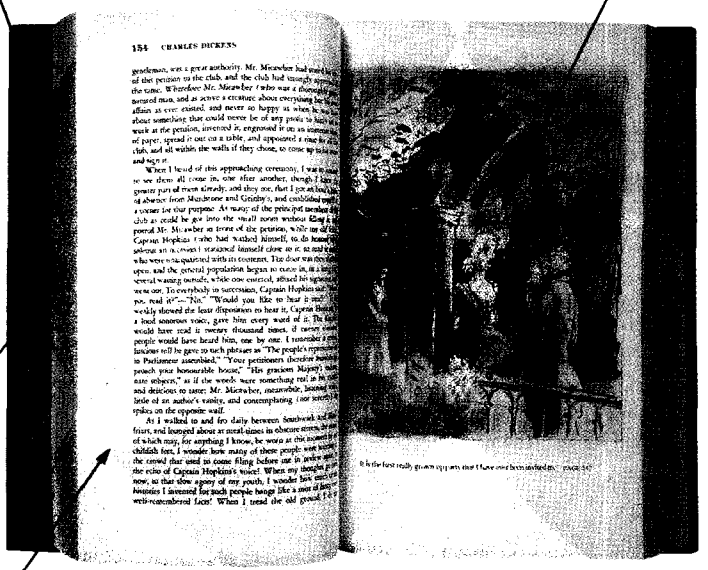

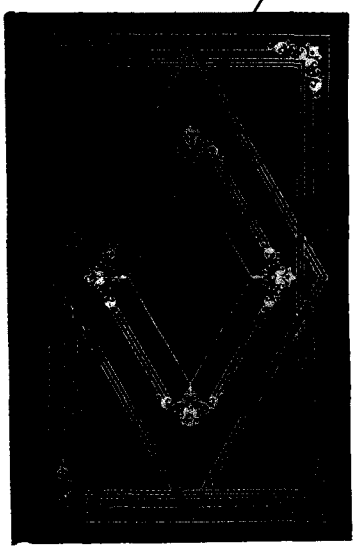

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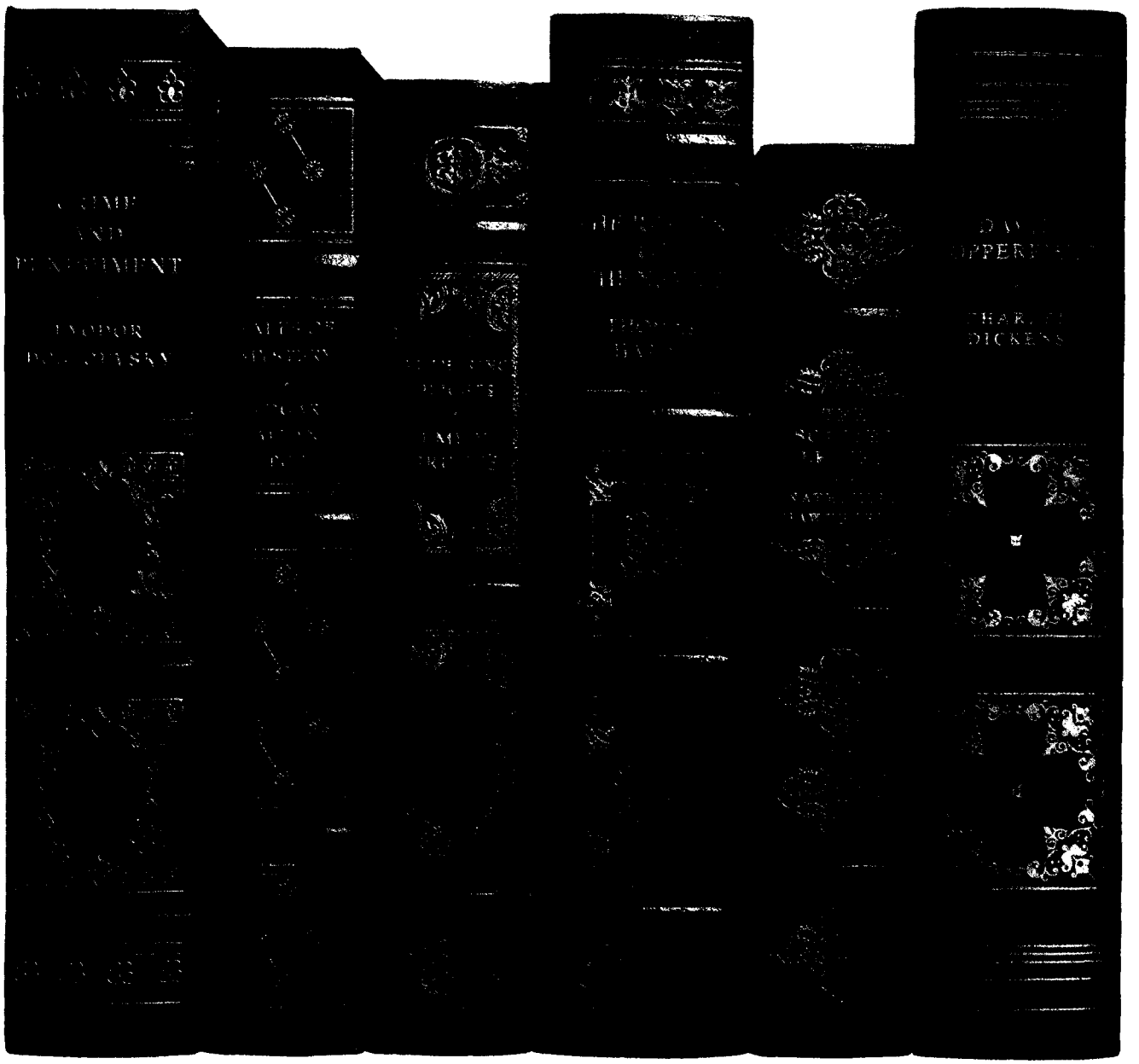

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takes a few smokers in a room to start my nose to running and produce a stuffy sinus headache which may take two or three days to clear up.

I have had to give up travel where airplanes are involved. The use of nonsmoking areas for relief is a misnomer. Five years ago it took me two weeks to get over a flight from Shannon, Ireland, to Boston. Smoking should be barred at all indoor functions where people congregate.

The following sign hangs in a doctor's office I visited: Everyone eventually stops smoking. Mother Nature—the most permissive of parents—sees to that. Those who smoke heaviest stop earliest.

Thanks again for your position on ads for tobacco products.

Edgar M. Shaw, Jr.
East Berlin, Pennsylvania

Editor's Note: We know of another ex-smoker so painfully allergic to cigarette smoke that she can't fly without her eyes reddening, her nose running and a headache soon following. Interestingly, she wasn't allergic when she smoked and has not been allergic to anything other than cigarette smoke after quitting the habit.

We are interested in knowing if any other readers have experienced this problem.

Tobacco-State Subscriber Burned Up

For the first time ever, I have written the Publishers Clearing House and asked them to cancel a subscription.

Your overall quality is very poor, and your rabid opposition to my state's key industry (which feeds many Hoosier families as well) is a bit snobbish for such a low-brow magazine.

I thought you'd like to know my reasons.

C. Fahringer
Shively, Kentucky

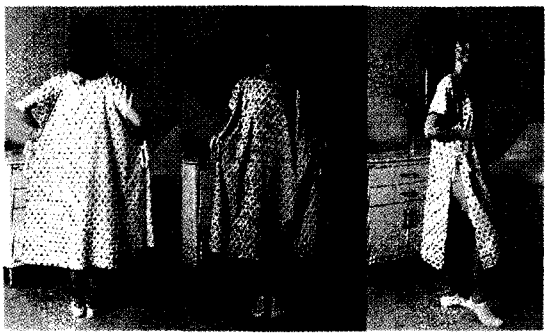
The Great Fashion Cover-up

Imagine my surprise when I opened my March 1984 issue of *The Saturday Evening Post* and found on page 51 two pictures of patients in what looks to be a gown from the City of Faith. Although I can't tell if the gown is the same design, the logo and the color combination are unmistakable.

I checked with medical records and they tell me our records do not indicate that Linda Rasor has ever been a patient here. So we would appreciate it if you would tell us if these pictures were taken at Indianapolis Methodist Hospital and are indeed the same gowns designed especially for the City of Faith?

My first impression was that pictures taken during interviews were substituted. But closer observation discounts that theory.

Pat Griffin
City of Faith
Tulsa, Oklahoma



The pictures were taken at the Kidney Stone Formers Club headquarters and we won't try to skirt the issue. It's your gown. When we visited City of Faith, your Dr. Winslow gave it to us. He told how Oral Roberts himself had occasion to be gowned in a traditional hospital model. Embarrassed, he felt the immodesty of the southern exposure from the split in the back was needlessly humiliating to patients. So he had a better gown designed for the City of Faith patients.

We hope more hospitals will adopt the side splits, and those are the bare facts, ma'am.

Rooting for Rooney

Thank you for "60 Minutes" with Andy Rooney. I think he's great. We watch "60 Minutes" so we can hear him.

Raymond D'Esposito
Earleville, Maryland

How Well Adventists?

I just picked up your March issue and was very much impressed. I, being an Adventist, bought it to see what you had to say about health in Adventism, and I really enjoyed your honest and true article. I also really enjoyed your other health related articles. I am 28 years old and until I became an Adventist at age 20, I used to drink and smoke heavily. I really appreciate your magazine's stand on tobacco and alcohol.

Ken Gray
Downers Grove, Illinois

I had never read *The Saturday Evening Post*, so, when a friend told me about the article on us Seventh-day Adventists and cancer (March 1984), I was skeptical as to how you'd handle it—but no problem!

You printed a very informative, enlightening and important piece of news. Why, even I, a church worker, didn't have any idea that we were *that* healthy!

Admittedly, cancer does strike even us. My mother-in-law passed away four years ago at the age of 50, from colon cancer. Hers was a life exemplary of good, clean Adventist living, so even the best attempts can be to a seeming "no-avail."

Nevertheless, it is still talked about with great shock, because it is so rare. So there must be something to it in the long run, and for the majority!

Again, appreciate that you were able to pass on the good news to others.

Victor Czerkasij
Pacifica, California

Preventing Tooth Loss

I read with great interest Dr. Hal E. Leyland's letter in the December 1983 *Saturday Evening Post*. I was indeed flattered by the attention given to my early research, done in Scandinavia, on the antiplaque agent chlorhexidine.

Since 1970 a vast volume of studies suggest that chlorhexidine is one of the safest and most effective antiseptics known. The compound is produced by Imperial Chemical Industries (7C7), Manchester, U.K., and is presently marketed as a mouth rinse, a gel and a dentifrice in many countries of the world.

Within the United States, the Food and Drug Administration

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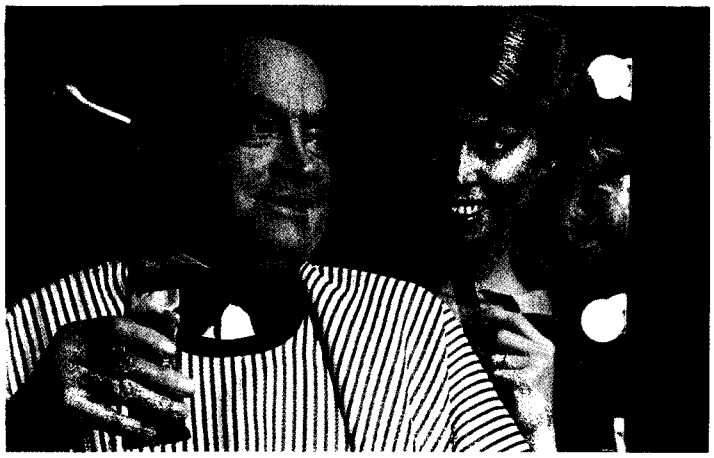
"Say, Joan, these Food Bars are really tasty! I didn't know Amway makes food products."



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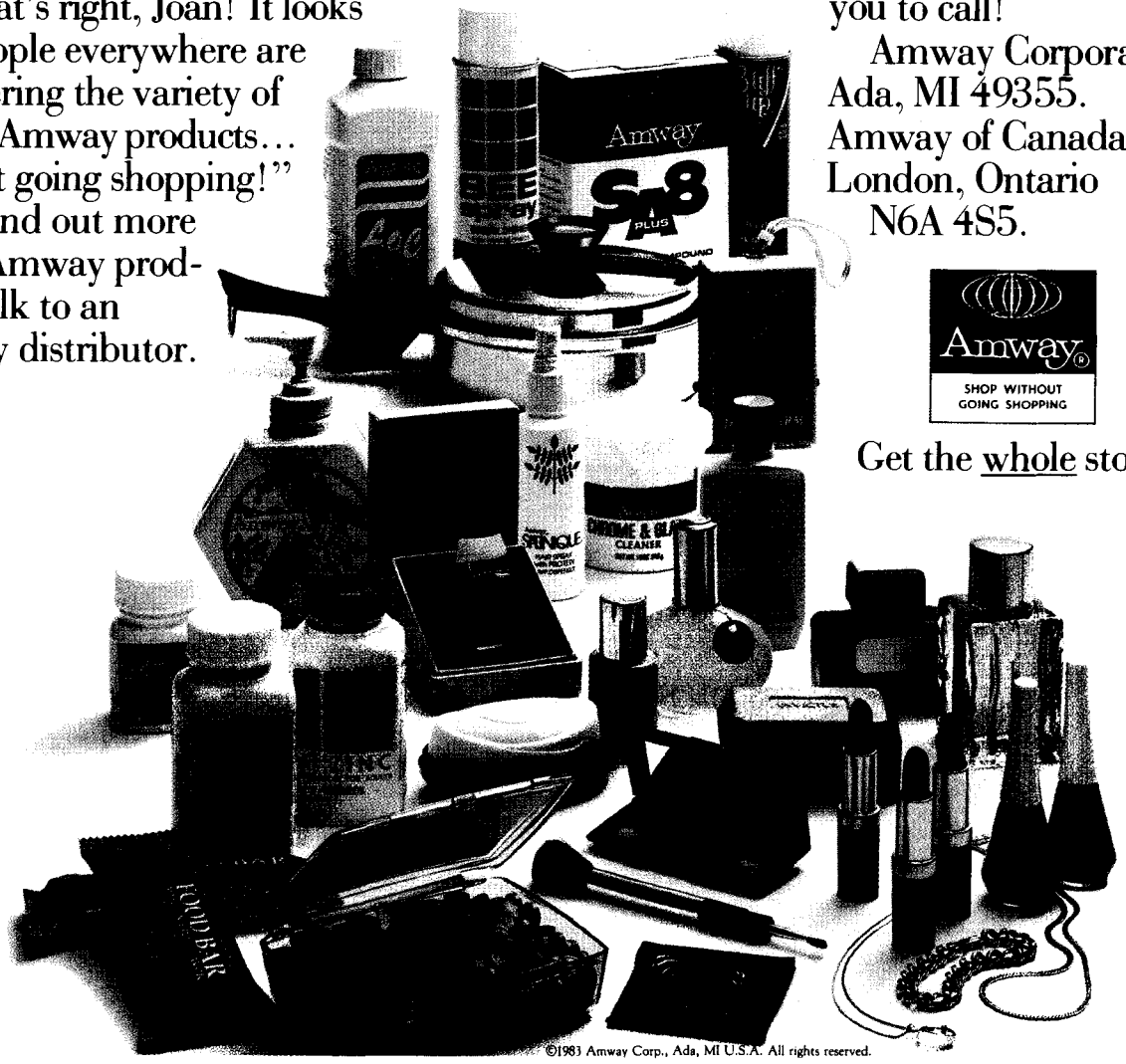

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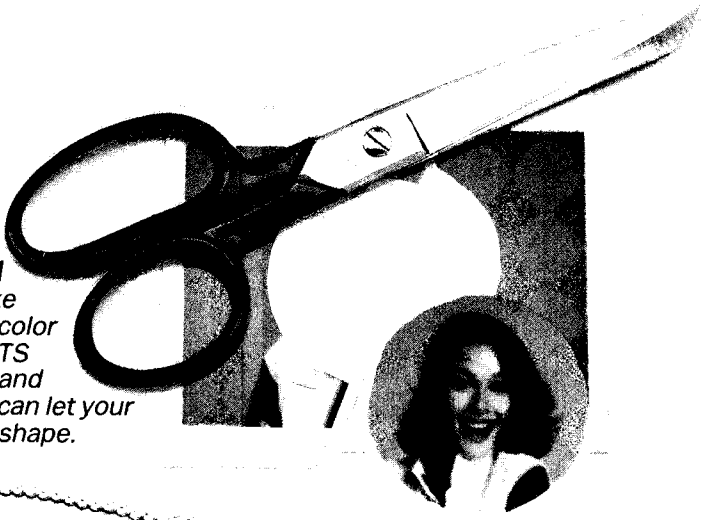

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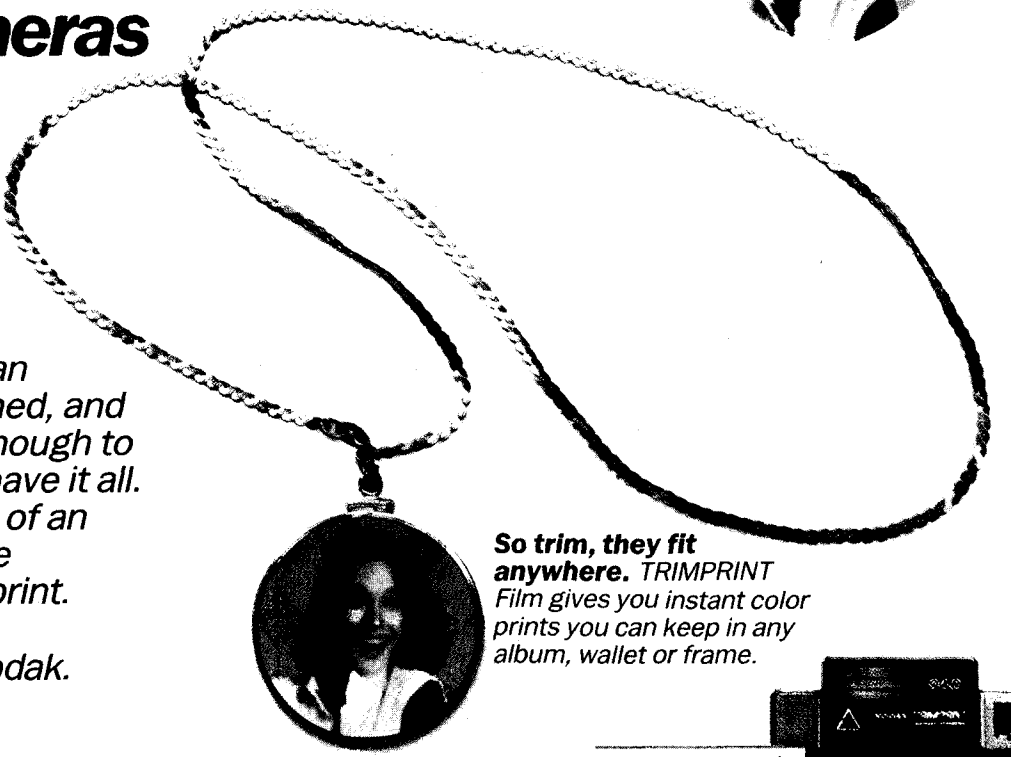

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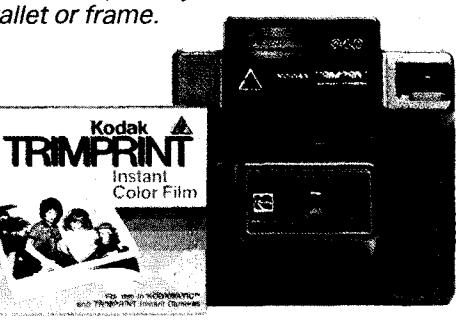

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(FDA) is the regulatory authority that provides guidelines for the testing of drugs and for the establishment of investigative procedures to supply substantial scientific evidence that a product is safe and effective for human use. As far as I know, the producer has not submitted to the FDA an application for FDA approval of chlorhexidine for oral use. Accordingly, chlorhexidine-containing oral-hygiene products are not available in the U.S.

Research on chlorhexidine has demonstrated that the anti-microbial approach to plaque control and prevention of dental diseases is a viable concept, and the National Institute of Dental Research will continue to support research in this and other areas of combating dental diseases and improving oral health.

Harald Loe, D.D.S., Dr. Odont.
Director, National Institute of Dental Research
Bethesda, Maryland

Holy Potatoes!

I chose the March *Saturday Evening Post* to look at while my husband, Si, was in the doctor's office. The article "Potatoes...Home Groan" attracted my past planting curiosity. I turned to it.

It was delightful, a write-up leveled with our experiences. I giggled, and soon was shaking with laughter. Trying to control my response just tickled me more. Tears rolled down my cheeks: this was hilarious. Fearing the others in the room might call the doctor to attend my fit, I put the article down. When my husband came out I rushed him to a store to buy the magazine. We jointly enjoyed it to our heart's content.

Unlike Maynard Good Stoddard's crusted clay soil, ours is ideally sandy. However, we still ran into problems. They began when potatoes left from a church supper were tossed into the church refrigerator and remained there forgotten until they had sprouted. But as I hate to see food wasted, instead of throwing those long snaky things with potatoes attached into the garbage, I decided my husband could plant them. Si adores having me volunteer his services, especially when it comes to handling someone else's garbage.

So the potatoes were planted, blossomed into healthy, hardy bushes and produced those equally hardy hard-shelled bugs, which we knocked off into an old tin can. We hilled, hoed, sprayed, and in due time the vines dried and the potatoes were ready to be dug. On the afternoon of the harvest I had to go to a Circle meeting, so left Si with the task.

When I returned, something was going on in the garden. Our neighbors were milling about, and I thought, "Good heavens, did Si overdo, have a stroke or something!"

No, there he was, calling for me to come and see "your church potatoes."

Was that a circus spread out on the ground? Or perhaps an invasion from Mars? There lay shapes you wouldn't believe—little ones attached to a big one, round ones with offshoots resembling arms or ears, some like dumbbells. The folks looking them over were remarking "This one looks like a bear"... "Look at this conglomerated machine"..."Here's a family of little mice"..."This one looks like my Uncle Jim"..."If this one had a face it could be Dolly Parton."

There were potatoes! They would make a fine circus display but you could never take them to the county fair. They were, indeed, quite a variety of impersonators: Snoopy, Miss Piggy, Bull Moose, Mickey Mouse, a bear, a rhino, mice, turtles, chickens, you name it.

We were having a church bazaar the next month, an ideal opportunity to show our church folks how their potatoes grew. Add an eye here, a whisker there, label them and set them out on a card table for observation. We gave Dolly Parton a face, added a fluffy pink skirt and kept her as a special secret attraction on a window sill behind the curtain. (The exposed bustiness was deemed improper for Sunday School children, so was viewed only by adults.)

The Martha Circle food booth, alongside of which we set up the display, drew more than the usual number of customers. Observers had never seen anything like it. It was fun.

God works in unexpected ways his wonders to perform. The anticipated crop of potatoes never did get to the serving kitchen, but did get back to the church.

The moral of the story is: If you want to amount to something spectacular, start your roots in the church.

Grace Helen Pierce
Manitowoc, Wisconsin

Where in the World Is It?

A regular feature that my friends and I enjoy challenging ourselves and each other with is "Where in the World?" I really missed in the April '84 issue the pictures of different places around the world that we're supposed to try and figure out where they are located. It would be fun if you could do a few on natural wonders of the world.

Since I live in Iowa, and am a hired hand on a farm that has run high-lysine corn in the test plot, I guess from your articles, I'm going to have to seriously think about investing in a hand-grinding mill.

C.J. Mains
Wesley, Iowa

In Praise of Pets

Being the owner of a somewhat "fussy" Persian, I was deeply touched by your February '84 article, "Vets on Pets."

I too suffered the loss of a pet, a feeling almost as severe as the loss of a family member.

My kitten listened when no one else would, gave love unquestionably and brightened an otherwise lonely evening alone.

It certainly is refreshing to find such informative and sensitive journalism from your magazine.

This was my first "treat" to the *Post*, but certainly won't be the last as I have joined up for a year's subscription.

Connie Brocato
New Orleans, Louisiana

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Doll shown smaller than actual height of 16".

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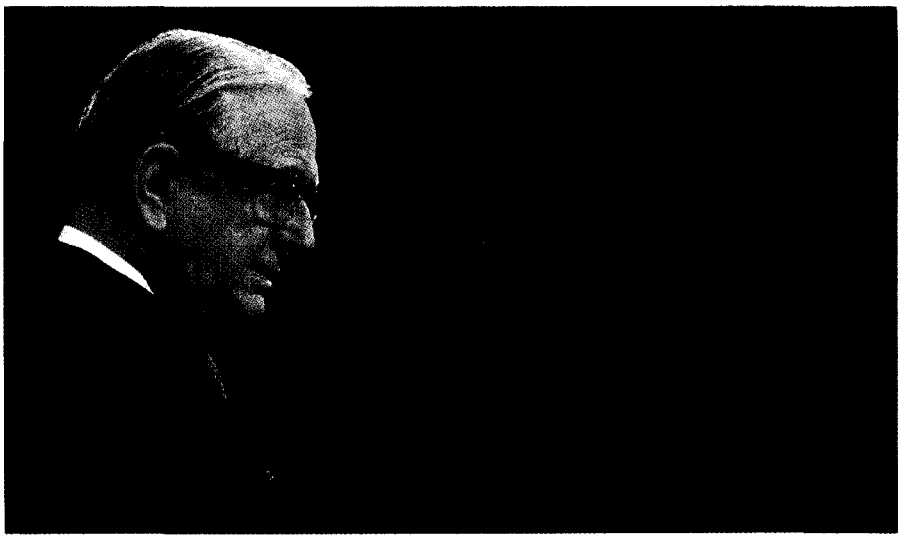
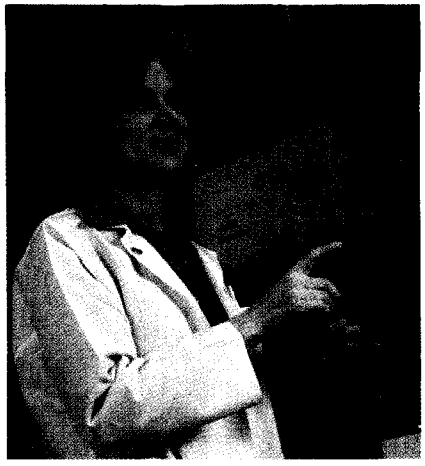
Post People



Pastor of New York's Marble Collegiate Church for a half century; author of *The Power of Positive Thinking*; founder of *Guideposts*; and publisher of spiritual guidance messages—what's left for ***Dr. Norman Vincent Peale***?

The Presidential Medal of Freedom, for one thing. This decoration, one of the highest honors government can bestow, was presented to Dr. Peale by President Reagan in a White House ceremony March 26.

Unsung heroine ***Dr. Marjorie Tripp*** of the University of Wisconsin is credited with hanging tough on her dogged quest to find out why three babies in one family died from endocardial elastofibrosis. Her intense curiosity led her to the discovery that a derivative of lysine would prevent the death of babies and children who excrete too much of this essential-to-life substance from their kidneys. A carnitine pill brought fast recovery to these victims. "When carnitine therapy works," she says optimistically, "the results are spectacular!"



It's all downhill for 21-year-old ***Bill Johnson***. But on his way down, this new American hero proved himself one of the world's best downhill skiers by winning a gold medal in the '84 Winter Olympics and by taking three golds in the World Cup races.

The first American skier to beat the Europeans in years, Johnson says, "If they don't think my record makes me one of the best, then that's a conflict they have to straighten out in their own minds."

And to make sure he remains one of the best, Bill Johnson is letting nothing stand in the way of his rigorous training schedule—not even an invitation to dinner from President Reagan. He's heard there are no downhill courses at the White House.

After a 77-year acting career, ***Helen Hayes*** is today, at 83, the very active spokesperson for "graying America" through her syndicated radio commentary on "The Best Years,"

funded by Mutual of Omaha.

"I am pleased to have the chance of this 'soap box' to reach others of my generation," says Miss Hayes, who took over the assignment in 1981 when Lowell Thomas died.

In seconds, a diving accident changed ***Joni Eareckson*** from a carefree teen-ager into a quadriplegic. Now married to Ken Tada, a high-school teacher and Special Olympics coach, Joni is writing her third book. She has established an

enviable reputation as a mouth artist; portrayed herself in the movie *Joni*; recorded two albums, "Joni's Song" and "Spirit Wings"; put four lectures on film translated in 17 languages; and visited the White House to watch President Reagan sign the proclamation making the '80s the "Decade of the Disabled."

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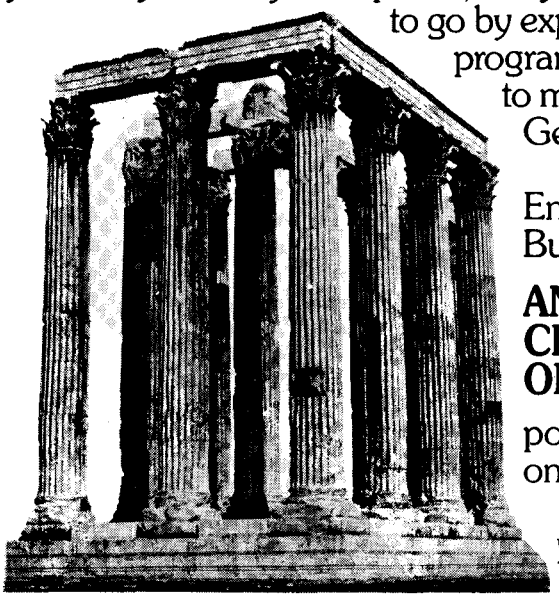

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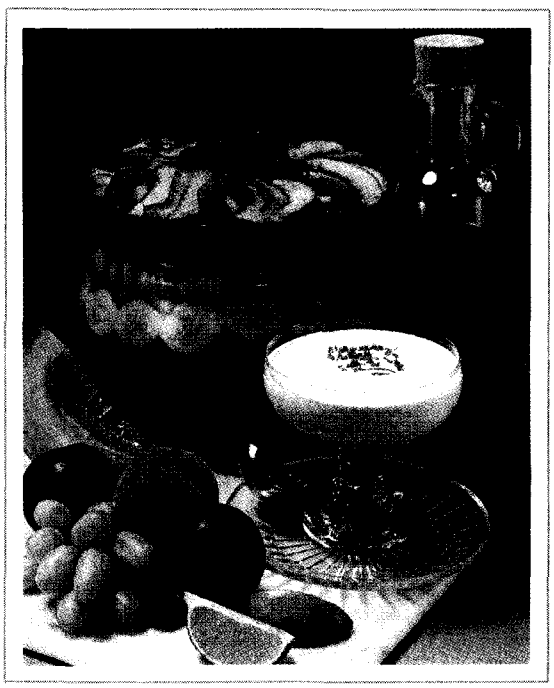
FRUIT FOR FIBER AND FITNESS

Long before man began putting vitamins in capsules, nature was packing them in fruits—with delicious results.

by Kay Root

Is anything safe to eat these days? In recent years, many heretofore favorite foods have come under attack as cholesterol filled, cancer causing, too salty or guilty of empty calories. That's where fruits are a refreshing change. Except for a raw deal they got from Adam and Eve, they've enjoyed a continually healthy press.

As Americans become more and more health conscious and look for foods that will promote health and vitality, they're learning that fruits are the answer, for fruits are particularly generous in their supplies of vitamins A and C. Many offer stocks of B vitamins, and iron and calcium as well. Most fruits are low in sodium, and all are nonfatty with the exception of avocados and coconuts, and they're so tasty people will want to eat them anyway.



Rainbow Fruit Salad brightens up any meal. It comes with a choice of two delicious toppings and can be served as a salad or a dessert.

For fruits especially rich in vitamin A, shop for apricots, peaches, melons, cherries, prunes, papayas, persimmons and mangoes. For vitamin C, buy citrus fruits, cantelopes, strawberries and kiwis. If it's potassium you're after, try nibbling on dates, figs, papayas, peaches, persimmons, watermelon, bananas and apples, and for calcium, try figs, prunes, cranberries, gooseberries and dates.

Some fruits have even more to offer than their delicious flavor and store of vitamins. They are also high in fiber. The highest-fiber fruits are blackberries, black and red raspberries, strawberries, figs, guavas, pears and apples. Although some may be higher in fiber than others, none contain as much fiber as wheat or oat bran. However, most fruits, whether used in desserts, as appetizers, side dishes or salads, are amenable to the addition of bran. We've added it to some of our favorite fruit recipes that follow and have achieved tasty results.

If you are a fruit fancier, but you are getting tired of the same old apples and oranges, you may wish to experiment with some of the more exotic fruit varieties. Avocados, kiwi fruit, mangoes, papayas and persimmons are all considered the "exotic" fruits.

Mangoes when ripe are oval shaped and have a color that can range from yellow to green tinged with red. Speckles indicate ripeness. The fruit will cling to the seed and make it difficult to slice. One procedure is to hold the mango on its side and to cut off lengthwise slices as close to the stone as possible. Then continue around the stone, one slice at a time.

Papayas are pear shaped and are greenish yellow to full yellow in color when ripe. The numerous, edible black seeds can be used for seasoning. A few seeds, blended with sauces or salad dressings, add a spicy flavor. The papaya, like pineapple, aids in digestion of food.

Persimmons when ripe will be soft and orange red in color. The shape is much like a plum. Although unripe persimmons have a very astringent and unpleasant flavor, the ripe persimmon is very sweet and tasty and much desired for its extremely rich vitamin A content.

Kiwis are brown and hairy-skinned and are shaped much like a lemon. Inside, the green fruit is studded with small, black seeds. Kiwis, like mangoes, papayas and avocados, should yield to pressure when ripe.

Freeze bananas that are ripening faster than you can use them. Although the skins will turn black, you can run hot water over them for easy peeling and use them in blender drinks or banana ice cream.

Many fruits will ripen well at home in a bag. Include an apple along with the other fruits. Apples give off ethylene, which hastens the ripening process. The bag should have a few holes punched in it. Fruit breathes, taking in oxygen and releasing carbon dioxide. If the carbon dioxide cannot escape, the fruit will not ripen. When fruits have ripened, use them as soon as possible or refrigerate them.

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Why do we prefer Post® to the other bran flake?

⅓ cup orange juice, freshly squeezed
2 tablespoons lime juice, freshly squeezed
1½ tablespoons honey
¼ teaspoon ginger, ground
Dash nutmeg, ground
Dash salt substitute
In small bowl combine all ingredients. Mix well.

Strawberry-Bran Parfait
(Makes 4 servings)

16 ounces plain yogurt
1 quart fresh strawberries, sliced
¼ cup bran
¼ cup coconut, grated
Starting with strawberries, layer the first three ingredients in a parfait glass or dessert dish. Top with grated coconut. Other fruits can be substituted for strawberries.

Strawberry-Bran Milkshake
(Makes 4 servings)

24 ounces plain yogurt
1 cup skim milk
1 pint fresh strawberries
¼ cup bran
Blend all ingredients in blender. Other fruits can be substituted for strawberries. Add honey if desired.

Baked Bananas with Bran
(Makes 8 servings)

4 bananas, sliced lengthwise
½ lemon, juice only

Rainbow Fruit Salad
(Makes 10 servings)

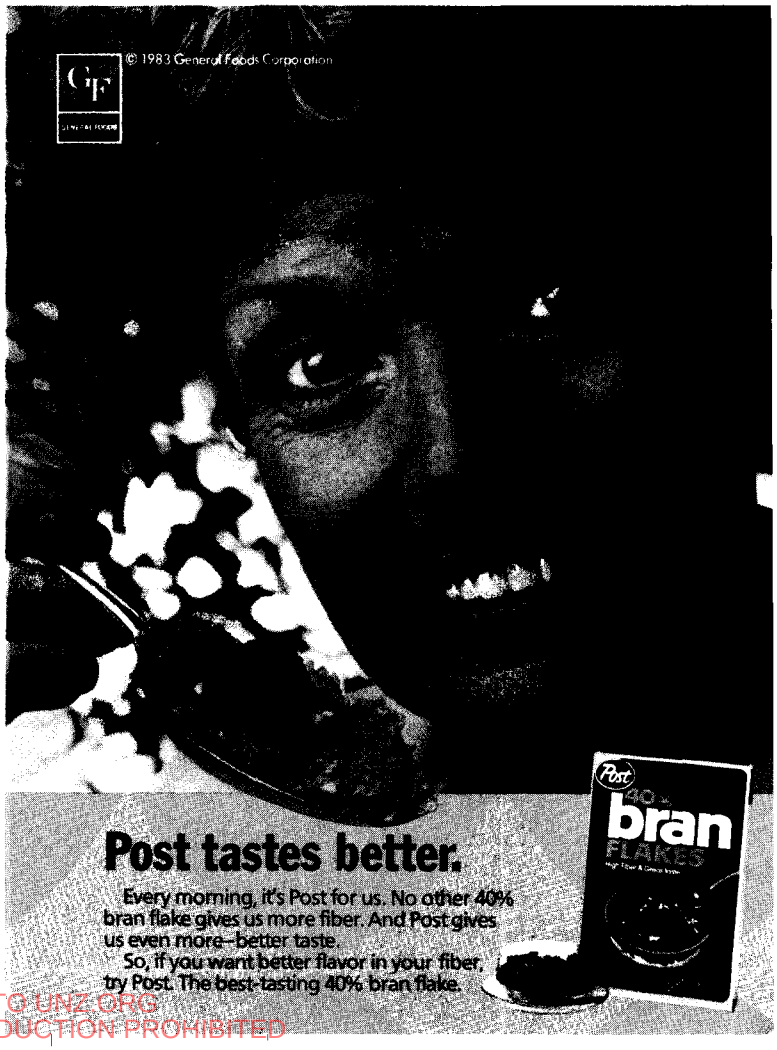
2 cups (1 large mango), peeled, sliced
2 cups fresh blueberries
2 bananas, sliced
2 cups strawberries, halved
2 cups green, seedless grapes
2 nectarines, unpeeled, sliced
1 kiwi, peeled, sliced
Poppy-seed Dressing
Creamy-dessert Dressing
In a glass bowl, arrange a layer of mango slices. Continue to layer fresh fruits using blueberries, bananas, strawberries, grapes and nectarines. Garnish top with kiwi slices. Serve with Poppy-seed Dressing as a salad or Creamy-dessert Dressing as a dessert.

Poppy-seed Dressing
(Makes 3/4 cup)

½ cup safflower oil
2 tablespoons wine vinegar
2 teaspoons onion, grated
2 teaspoons poppy seeds
½ teaspoon dry mustard
¼ teaspoon salt substitute
In small bowl combine all ingredients. Mix well.

Creamy-dessert Dressing
(Makes about 1 cup)

2 3-ounce packages low-fat cream cheese, at room temperature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2 tablespoons coconut, grated
2 tablespoons sesame seeds
2 tablespoons bran

Place bananas in casserole dish with flat sides up. Sprinkle with lemon juice, grated coconut, sesame seeds and bran. Bake uncovered at 350° F. for 10 minutes.

Pineapple Casserole
(Makes 4 servings)

2 (20-ounce) cans Dole® unsweetened, crushed pineapple
1 egg
1 teaspoon brown sugar
3 slices bread, torn in pieces
1 teaspoon vanilla
½ teaspoon allspice
4 teaspoons bran
½ cup walnuts
Cinnamon

In medium-size bowl, mix egg, brown sugar, walnuts, vanilla and allspice. Add pineapple and bread. Stir. With slotted spoon, lift into casserole dish, omitting excess liquid. Sprinkle bran and cinnamon on top. Bake 30 minutes at 350° F.

Hi-Protein Bran-Fruit Rounds
(Makes 36 bars)

¼ pound seedless raisins
¼ pound dates
¼ pound pitted prunes
¼ pound figs
1 tablespoon lemon juice
2 tablespoons sesame seeds, toasted
½ cup miller's unprocessed wheat bran
½ cup oat bran
½ cup wheat germ
1 tablespoon orange rind, grated
¼ teaspoon allspice

Grind fruit in food chopper. Add all other ingredients and mix well. Form into a 12-inch roll. Wrap in wax paper and chill. Slice in ¼-inch rounds and serve.

Bran-apple Muffins
(Makes 1 dozen)

2 cups raw apples (2-3 medium-size apples), shredded
1 cup whole-wheat flour
½ cup miller's wheat bran
½ cup oat bran
½ cup Quaker Oats®
1 tablespoon baking powder
½ cup skim milk
¼ cup oil
½ cup raisins or date pieces

Cut apples in half, core and grate with raw side toward grater. Discard any large pieces of skin. Shred enough apples for two cups, packed. Combine dry ingredients and mix well. Add milk, oil, apples and raisins or dates and mix well again. Drop by spoonfuls into oiled muffin pans. Bake at 375° F. for about 30 minutes.

Johnny Ohs
(Makes 1 dozen)

¼ cup corn-oil margarine
1 egg and 2 egg whites
2 teaspoons vanilla
½ cup unbleached flour
¼ cup miller's bran
¼ cup whole-wheat flour
1½ teaspoons low-sodium baking powder
¼ teaspoon cinnamon
1 cup pitted dates, chopped
1 cup unsweetened coconut, shredded or chopped in blender
1 cup black walnuts, chopped
½ cup raisins

Mix margarine, egg, egg whites and vanilla until smooth. In another bowl combine flour, baking powder, bran and cinnamon. Add flour mixture to creamed mixture and blend. Add dates, coconut, nuts and raisins to mixture. Form dough into two rolls. Wrap in waxed paper and chill in refrigerator or freezer until firm enough to slice (about two hours). Cut rolls into slices and bake on ungreased cookie sheet at 350° F. about 15 minutes or until very lightly browned along bottom.

Sparkling Fruits with Lemon Sauce
(Makes 6 servings)

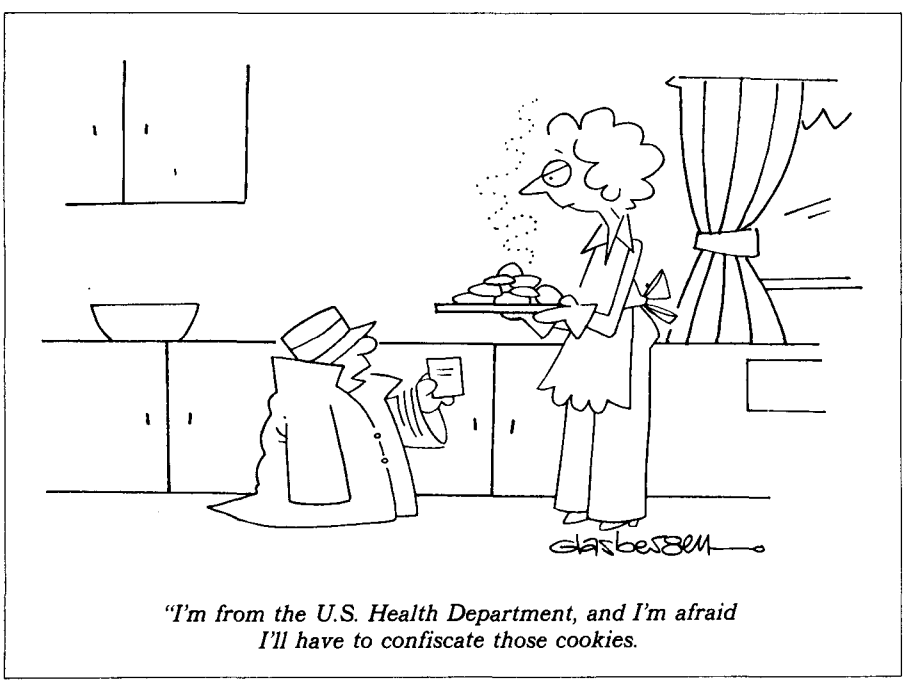
1 tablespoon and 1 teaspoon honey
1 tablespoon cornstarch
1 cup water
1 teaspoon lemon rind, grated
¼ cup fresh lemon juice
2 cups peaches (2 peaches), peeled, sliced
2 plums (2 cups), sliced
1 cup fresh or frozen blueberries
1 cup fresh strawberries, sliced

In small saucepan whisk cornstarch and water. Add honey, lemon rind and lemon juice. Cook over medium heat, stirring constantly until mixture thickens and boils. Cook 2 minutes. Cool. Prepare fruit. Place in large bowl and add lemon sauce. Cover. Refrigerate 1½ to 2 hours. Serve plain or over yogurt.

Bran-Apple Betty
(Makes 4 to 6 servings)

⅓ cup miller's unprocessed wheat bran
⅓ cup soy granules
½ cup warm water
1 tablespoon Realemon® or lemon juice
1 tablespoon honey
4 medium apples, cored and sliced thin
Cinnamon

Mix bran, soy granules, water, Realemon® and honey in a bowl. Place half of apples in an oiled casserole. Top with half of bran mixture and a sprinkle of cinnamon. Repeat process. Bake covered at 350° F. for 30 minutes. Remove cover and bake an additional ten minutes or until topping is crisp.



"I'm from the U.S. Health Department, and I'm afraid I'll have to confiscate those cookies.

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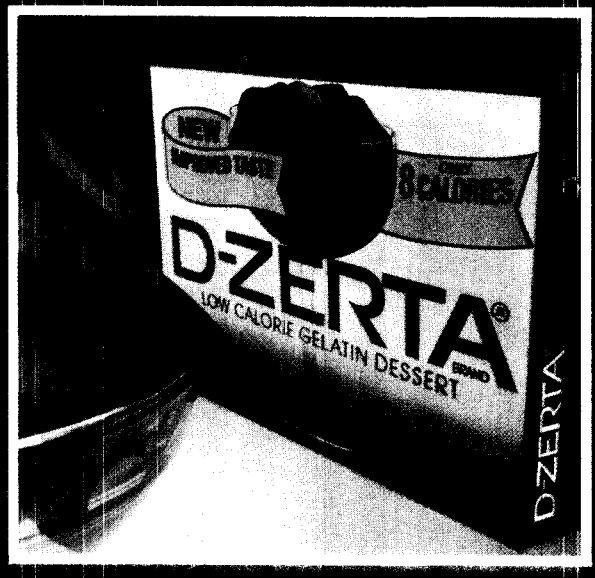
Saccharin is out



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ON TRACK FOR GOLD

Super athlete Carl Lewis is a jump ahead of the competition.

by Barry Jacobs

Sometime in early August, the eyes of the world will focus on a lone American athlete poised at the end of a long runway on the floor of the Los Angeles Coliseum. For a moment, perhaps contemplating the magnitude of his task, Carl Lewis will coil and rock slowly to and fro as he prepares to challenge one of track and field's most revered records.

Not since the 1968 Summer Olympics in Mexico City, when Bob Beamon shocked even himself by advancing the world record nearly two feet, has any athlete even approached Beamon's epochal long jump of 29′2½″. Except, that is, for one Carl Lewis.

Lewis, 23, already owns the world indoor record in the event with a leap of 28′1″. His jump of 28′10¼″ last spring in the USA/Mobil Track and Field Championships in Indianapolis was the second-best long jump in history and the best ever recorded at a nonmountainous altitude. (Beamon's leap occurred at an altitude of more than 7,000 feet, where reduced air resistance doubtless enhanced his performance.) A world-class sprinter who combines rare speed with excellent technique, Lewis regularly jumps in the 28-foot range.

"Whenever he wants to break the record, he'll do it," says his coach of five years, Tom Tellez. "He's ready."

Lewis, the son of a pair of Willingboro, New Jersey, track coaches, may have already broken Beamon's mark by the time the XXIII Summer Games roll around. Yet even if that is the case, he will remain a center of attention, one of this country's best hopes for capturing Olympic gold—and not only in the long jump. For, in a world of narrow specialists, Carl Lewis positively delights in defying convention.

Most track-and-field athletes concentrate their energies on single events; rarely does a jumper compete in races or vice versa. Lewis, though, is an exception to that rule and may compete in several events; sprints, the long jump and the 400-meter relay race in the Los Angeles games.

"I like to do a lot of things," says the second-fastest man ever to run the 200-meter dash and the third-fastest man ever to run the 100-meter dash, as well as the first American athlete since 1886 to win titles in both sprints and the long jump in the national championship meet. "I always have. I don't like to go to a track meet, run one event and watch. I've always liked to be part of the show."

Then there is the example set by Lewis' hero, the late Jesse Owens, who won gold medals in four events—the long jump, 100- and 200-meter dashes and the 400-meter relay—at the 1936 Olympics in Berlin. Owens' feat has yet to be duplicated. "That is a motivation in part," acknowledges Lewis' mother, Evelyn. "And the challenge of doing it. I think that is a high motivating factor—Carl loves a challenge."

Almost since the day in 1979 when he arrived at the University of Houston, the 6′2″, 180-pound Carl Lewis has been compared to Owens. In his first two years in college he won six national championships, four in the long jump and two in the sprints, and became the first athlete since Owens in 1936 to win titles in both track and field events in the same year.

Carl outdistances other runners in a recent meet. He hopes to break both the world 100-meter and the world long-jump records before the Summer Olympics.

continued on following page

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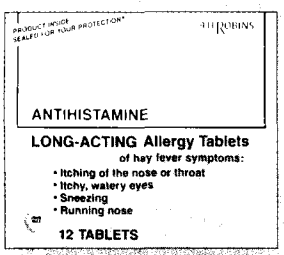

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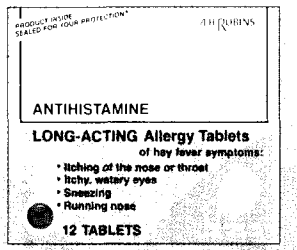

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So dominant was Lewis in 1981 in the long jump, his favorite event, that he set a world indoor record and then went undefeated outdoors. His outdoor jump of 28′3½″ was the second-best ever recorded to that time. He also set a record in the almost-forgotten 60-yard dash and ran 100 meters in ten seconds flat, the fastest time in history at sea level, all of which earned him the Sullivan Memorial Trophy, emblematic of the year's outstanding American amateur athlete.

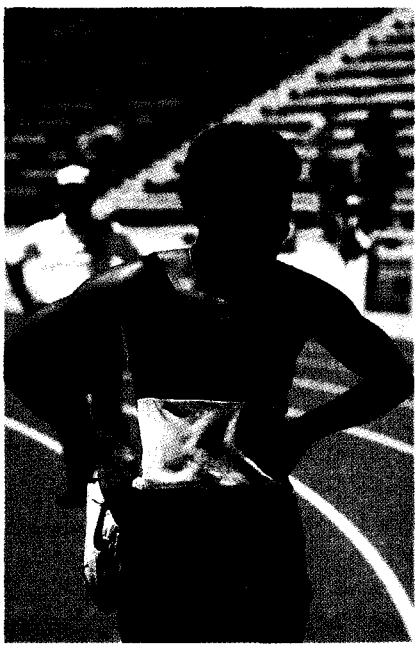
And that was just the beginning. In 1982 Lewis again ran 100 meters in ten seconds flat and again leaped more than 28 feet. In January 1983 he became the first man ever to jump 28 feet indoors; he broke his own world record and actually surpassed the gold-medal winning outdoor jump by East Germany's Lutz Dombrowski at the 1980 Olympics. (Lewis was a member of the 1980 U.S. Olympic squad that President Jimmy Carter barred from the Moscow Games because of the Soviet invasion of Afghanistan.)

Then, at the USA/Mobil meet in Indianapolis in June 1983, Lewis won a national title in the 100 meters, surpassed his personal best jump by nearly seven inches and achieved the second-fastest time in history (19.75 seconds) in the 200-meter sprint. "I'm a tick away from the world record for the 100 meters, two ticks in the 200, four inches in the long jump," Lewis said at the time. ". . .I can repeat these performances next week, next month, next year. I'm in my own realm."

In fact, less than two months later, he won gold medals in the 100 and the long jump and anchored a U.S. gold medal win in the 400-meter relay at the World Track and Field Championships in Helsinki, Finland.

"I'd like to be the best, be the star of everything I do," Lewis says in his warm, easy way. It is more an admission than a boast. "That's not to say I'm the best, but I'm striving for it," he says.

That devotion to excellence has long been a Lewis family trademark. Carl's father, Bill, ran track and starred in football at Tuskegee Institute in Alabama. There he met Carl's mother, Evelyn, the first member of her family to attend college. Evelyn Lawler Lewis competed for the United States in the 1951 Pan-American Games and finished sixth in the women's hurdles. Today both Lewises teach and coach in the Willingboro school system.



Carl's sister, Carol, holds the women's American indoor record in the long jump and is an excellent sprinter, high jumper, hurdler, shot-putter and gymnast.

Each of their four children has proved to be an exceptional athlete. Mack, the oldest at 29, was a high-school sprinter and long jumper who set a county record in the 220-yard dash. Cleve, 28, was the first American black ever drafted by a pro soccer team and played two seasons for the Memphis Rogues. Carl's sister Carol, two years his junior, holds the American girl's record in the long jump (21′8″) and is currently the top-ranked American woman long jumper with a personal best of 22′10½″.

"Our parents let us make our own mistakes," says Carol. "They said, 'If you like a sport, get into it. Just promise us you'll go for the best you can do.' "

Carl and Carol got into the long jump, or at least the long-jump pit, in 1969, when their parents founded the Willingboro Track Club for high-school girls in the Philadelphia suburb. A year later, boys were included.

While Bill and Evelyn Lewis coached, their two youngest children played in the sand of the long-jump pit.

Later the two siblings set up makeshift hurdles in the family yard. In those early days Carol was almost always the victor.

"He was pretty bad," says 5′11″ Carol, an effervescent sort who followed Carl to Houston and remains his close friend. "He was shorter than me. He was a little squat guy. He was a pretty lacking athlete back then."

"I was the ugly duckling of the family, so to say, in athletics," Carl admits. "I was a late developer."

Lewis developed well enough to earn a scholarship to the University of Houston, winning recognition as a high-school All-American in the 200 meters and the long jump, in which he set an American junior record.

Tellez believes his early struggles toughened Lewis and made him more receptive to coaching. "It doesn't make any difference if you're born with talent—you have to nurture it," Tellez explains. "At a very young age, Carl was a steady person. He's very coachable. He sees the things you're trying to teach him. He's thinking all the time."

Since 1980 he has employed a personal manager, Joe Douglas, to oversee his affairs. Under a complicated trust fund formula established by The Athletic Congress, which governs track and field in the United States, Lewis can earn money from endorsements and appearances and can still compete as an amateur. The track star has already done ads for Nike and for Fuji-Xerox in Japan.

His manager, Douglas, expects Lewis to be "one of the most popular athletes in the world" when the Olympics are over. "I don't know what it's going to do," Douglas says regarding his client's commercial potential. "I'd hope he'd be worth as much as [singer] Michael Jackson."

Intimates say celebrity and the prospect of untold riches have had very little effect on Carl Lewis. "He likes to please people," says Tellez, his coach. "He's a super person. For him to have handled all the attention the way he's handled it, I think it's really unbelievable."

Lewis says he likes the popularity. But his athletic and personal success rests on more solid ground, on personal qualities that will not permit him to be deflected from his quest for Olympic gold and his sport's most remarkable records. "I have expectations for myself and goals for myself," he says. "I don't think the goals people set for me are higher. I'm a perfectionist."

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THE AUSTRALIAN OUTBACK (TEMP. 108°F)—

The dust-covered sedan appears with a rush out of the searing heat; it crests a shallow hill in the forlorn tarmac and disappears like a dervish into the forbidding wastes of the Australian desert.

It is a pre-production test car, an engineering prototype, equipped with a maze of sophisticated electronic gear to monitor its every function in this inhospitable environment. A CB radio antenna protruding from the roof keeps it in touch with civilization. Heavy steel "roo" bars are welded to its front to protect against errant kangaroos.

But the "mule," as it is affectionately called, is performing more than a test. It is re-writing a standard. Raising the benchmark by which others to follow must now be judged.

The car, ironically, carries one of America's best-known boulevard luxury names: Buick Electra. But it is an Electra like none before.

For the complete story, please turn the page.

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The new Buick Electra. We put it to the test. Now it's your turn.

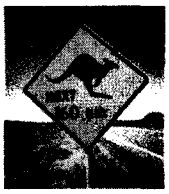
The inevitable question is, *why?*

Why take a car that will ultimately be judged for its luxury and comfort, and submit it to inhuman extremes in the Australian Outback, the wide-open German Autobahns or the sub-zero cold of Canada?

Because simply being luxurious isn't enough for a luxury car anymore. This Buick Electra is trimmer, lighter, more fun to drive than its predecessors, and it begs to be judged by a tougher, more demanding set of criteria. Ours. And yours.

First, ours.

A BOULEVARD DANDY, ELECTRA IS NOT.

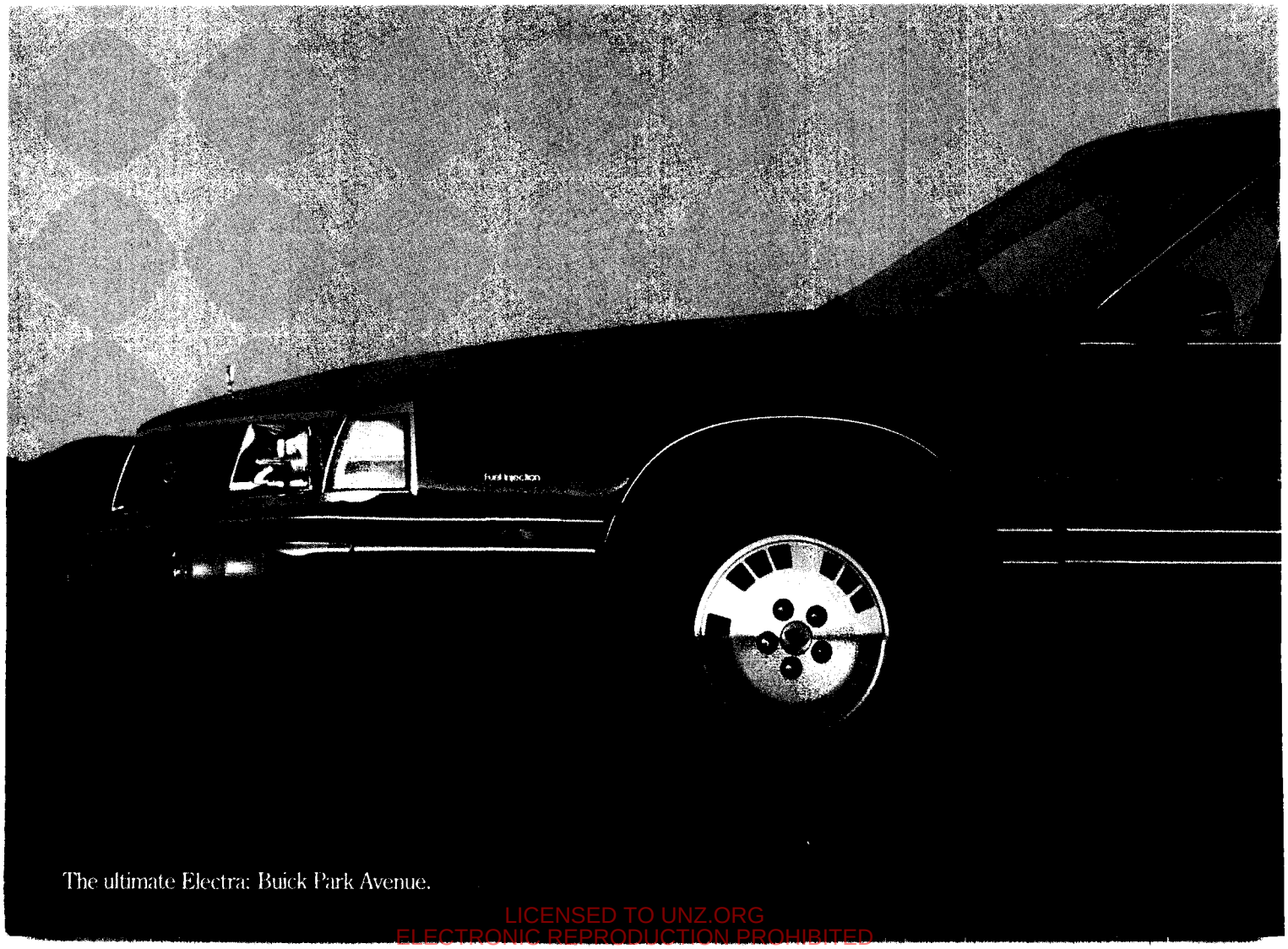


The Australian Outback confirmed the ability of Electra's new computer-controlled engine to withstand sustained 108° F temperatures, day after punishing day. A comforting thought if you're stuck in rush-hour traffic in mid-July, or taking a vacation drive across Death Valley.

AT SPEED IN GERMANY.

We decided long ago the new Electra should respond to the throttle. So we enlisted the aid of Bosch, acknowledged world experts in fuel injection, to help us evaluate Electra's fuel injection system, one of the world's most sophisticated multi-port fuel injection systems. Then, to see how it would do in the real world, we drove the Electra on the Autobahn, where there are vast sections with no speed limit. Not that you're going to do a lot of wide-open running, as our test engineers did. But the knowledge is reassuring when you have an 18-wheeler to pass.

Then, we tried the oxygen-thin altitudes and steep grades of the Austrian Alps. Electra's fuel injection system is designed to handle such conditions. And it did. The secret here is a mass air-flow sensor, a tiny



The ultimate Electra: Buick Park Avenue.

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electronic device that measures the mass of the air as it enters the engine, and allows for tiny rapid-fire corrections in the fuel charge–up to 80 times a second, for optimal performance.

A MOST UN-TRADITIONAL ELECTRA, TO BE SURE.

The Alps, with their slippery, twisting roads, also highlighted two more of Electra's noteworthy features: front-wheel drive and fully independent rear suspension. The traction of front-wheel drive, together with the ability of the rear wheels to handle bumps independently, endows the new Electra with impressive roadholding. Combined with Electra's traditional ride smoothness, the new Electra is an absolute pleasure on long drives.

NOT JUST HIGH TECH–*HIGH TOUCH.*

Happily, the new Electra is not *all* new.

Inside, per Electra tradition, you will find generous room for six adults, and true *comfort* for six adults. Indeed, Electra's interior dimensions are within an inch or so of its predecessors. So it's the same great cross-country luxury tourer it's always been.

Nor did we lose sight of the fact Electra is an elegant car. The supple feel of the seats, the rich upholstery and thick carpeting are there in force. Not to mention high levels of convenience–like an optional "memory seat" that remembers where you've set it, even after the parking lot attendant has readjusted it to his liking.

MORE THAN A CAR, A COMMITMENT.

The new Electra is so special, it is produced in one of the world's most advanced automotive assembly plants. For example, it enables every Electra to get two extra coats of clear enamel after the exterior color has been applied. For added lustre and protection.

The attention to detail extends all the way to the dealership. There, your new car will undergo a thorough inspection by both the Service Department and the salesman. Only then, when you go over the same detailed checklist, will you be asked to accept delivery.

WE'VE HAD OUR TURN –NOW IT'S YOURS.

Buckle yourself in and put the new Electra to your own personal road test. To guide you, we've written a 20-page book that will assist you in your evaluation. The book is free, and we'd really like your opinion. Ask for it at your Buick dealer.

Official Car of the XXIIIrd Olympiad Los Angeles 1984

BUICK

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VETS ON PETS

BONING UP ON DOG NUTRITION

A dog's best friend should know his pet's dietary needs and serve up chow that will keep him fit and trim.

H. Ellen White, D.V.M.

My local newspaper recently requested recipes for dog biscuits from readers. The response was tremendous: More than 100 people sent in recipes for doggie treats.

That dog owners prepare such canine delicacies is quite understandable; for many of us, the preparation of food is an act of love. Yet frequently we mistakenly correlate our dietary needs and wants with those of our dogs, and in spite of good intentions, the result can be bad for the health of the pet.

I am not against feeding a dog homemade or "people" food; however, providing a nutritionally balanced diet by this method is time consuming and difficult. Consider the following points:

Beggars shouldn't be choosers, nor should pet owners be pussycats when it comes to choosing a diet that will keep those beggars in good health.

• Meat is inadequate in calcium, phosphorus, sodium, iron, copper, iodine, vitamins A, D and E; it has excess protein. Fish, pork, rabbit or wild animal meat should not be served raw—parasites could be transmitted.

• Eggs are one of the best sources of protein, but they should be cooked, because raw whites destroy the essential vitamin biotin. Eggs provide linoleic acid, a fatty acid that can improve the hair coat and supplement low-fat dry foods.

• Milk is an excellent source of calcium, phosphorus, vitamins and protein. However, cow's milk, because of its high sugar content, often causes diarrhea in puppies.

• Liver contains high-quality protein, fat, carbohydrates, trace minerals and vitamins. Additions of small amounts of raw liver to the diet of a weak, anemic dog or puppy may be helpful, but diets composed exclusively of liver result in calcium deficiency and vitamin-A toxicity.

• Bones help prevent tartar buildup on the teeth but should be of the large, hard variety that doesn't splinter.

• Candy consumption, particularly of chocolate, which can be toxic, leads to obesity.

• Normal dogs fed a quality pet food do not need vitamin mineral supplements, but supplements in the correct amounts should be given routinely if homemade diets are fed.

Although it is difficult to provide adequate nutrition with homemade pet food, it can also be difficult to choose the right commercially prepared food. The three major types are dry, soft-moist and canned. Each has its advantages and disadvantages.

• Dry foods are the least expensive and may be fed "free choice" (see below). Their abrasive effect helps decrease dental tartar. They may not supply adequate energy to the nursing mother, and they tend to increase fecal excretion. Nevertheless, they are the most popular form of commercial pet food.

• Canned foods are generally more palatable and digestible but more expensive per pound: They contain more fat and calories, a desirable trait when caloric needs are high (e.g., an outdoor dog in winter). Gourmet canned foods are high in protein and fat content and in palatability. They are good choices when food intake is decreased because of disease, except in cases of kidney and liver failure or when high protein is required for wound repair.

• Soft-moist foods do not require refrigeration and may be fed "free choice." Most are palatable and cost about the same as canned foods.

Free-choice feeding is simply ensuring that reasonably fresh food is always available. Of course, regardless of the feeding method, cool, fresh water should be available at all times. The obvious disadvantage of free-choice feeding is that some dogs overeat. Such animals should be fed meals only in the caloric amount necessary to maintain optimum body weight (*maintenance feeding*).

Although this maintenance feeding once a day is sufficient for the average adult dog, it is inadequate during growth, lactation, the last month of pregnancy and physical exertion. Dogs weighing less than ten pounds may also find maintenance feeding inadequate. Frequent, small meals throughout the day are often beneficial for dogs that are ill.

Individual requirements for maintaining weight and condition vary from dog to dog. The dog's ribs should not be visible, nor should they be covered by excessive fat. Weighing your dog frequently may help you to determine weight gain or

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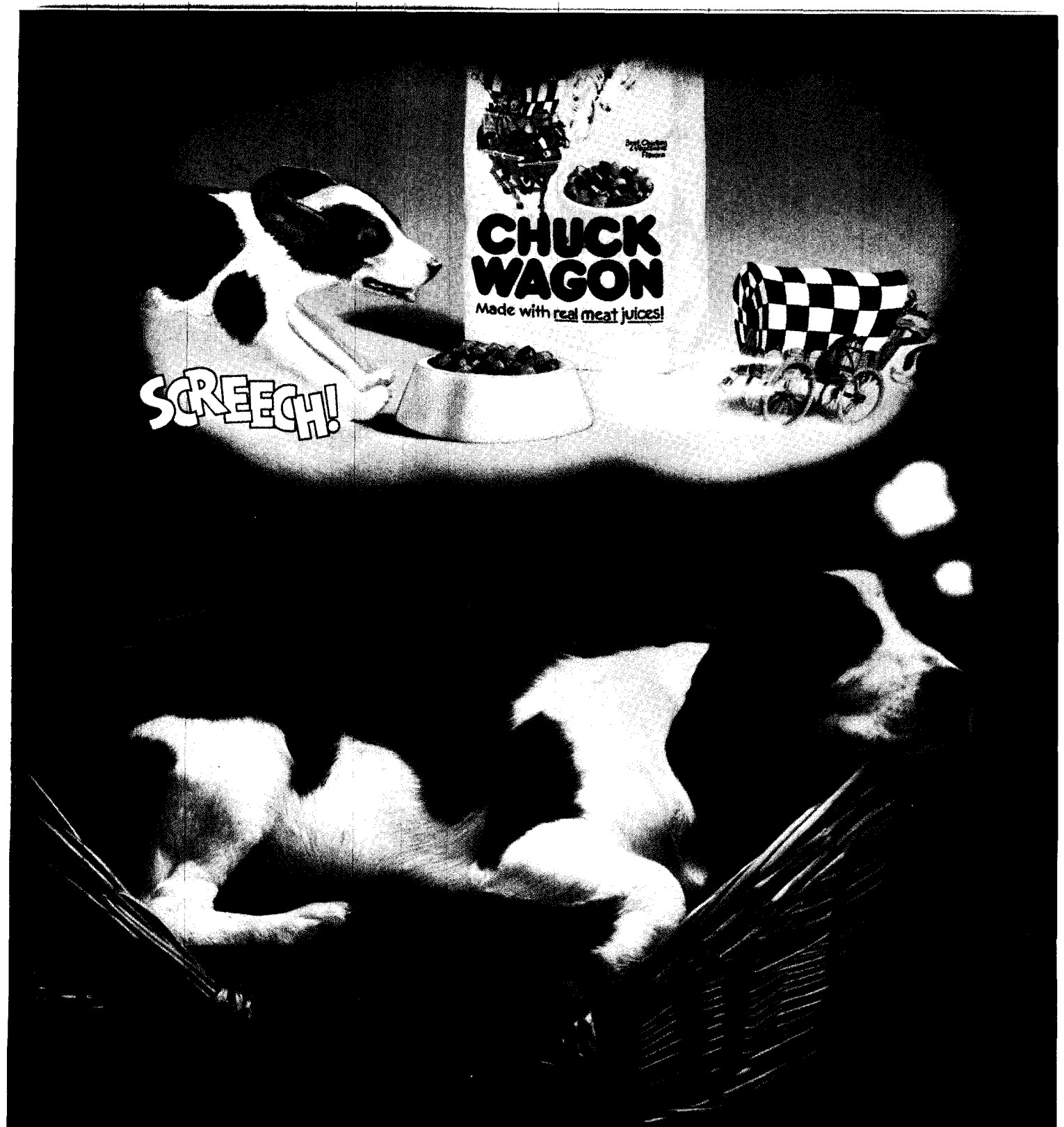

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BEAN CONTEST WINNER

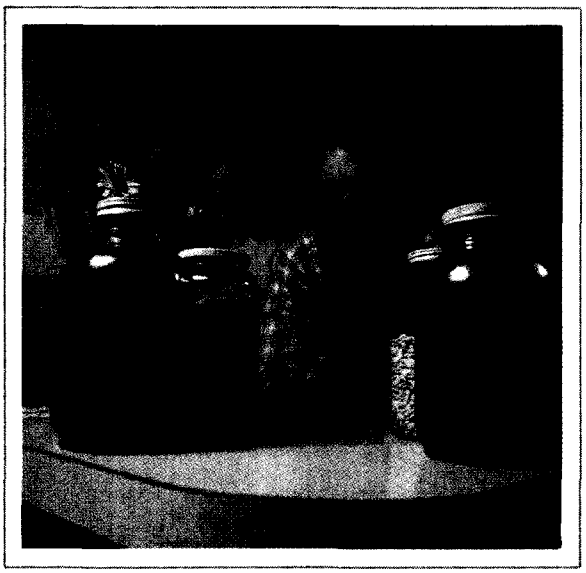
The Post offered a $1,000 reward for the best bean recipe in the country, and we found it—Larry Fisk's Pinto/Kidney Bean Loaf.

Larry Fisk of Eugene, Oregon, rarely enters contests, but when someone mentioned the *Post*'s Best Bean Recipe Contest to him, he decided to submit his favorite recipe—Pinto/Kidney Bean Loaf.

Our judges singled out Larry's bean recipe from the many hundreds submitted because it is "the best from the point of view of flavor and texture, nutrition and dietetic virtue," in our panel's words.

Larry told us he often uses the loaf in sandwiches or in burritos. The loaf can be frozen, and it will keep in the refrigerator for at least a week.

Larry and his wife, Jodi, "try to eat a healthy diet. Being vegetarians, we kind of look for good bean recipes," Larry said, "and we don't find them, so we just make them up." The couple does eat cheese and eggs (mainly in cooking; never fried). Also, they don't smoke. Larry's father, who was an excessive cigarette smoker, died in his 50s from lung cancer. His lingering illness made a lasting impression on Larry, who was in college, and Larry's brother and sister, who were 13 and 19 years old at the time of the death.



Beans are a staple food in the kitchen of our contest winner, Larry and Jody Fisk of Eugene, Oregon. Good bean recipes are in short supply, says Larry, so the couple experiment and create their own recipes.

Larry and his wife both work, he as a commercial artist and she as an employee in a florist's shop. They alternate preparing bean loaves, Larry said, which they make about once a week. Instead of soaking the beans overnight, as indicated in the recipe, Larry said they often start soaking them in the morning and then cook them in a pressure cooker after returning home from work.

Ingredients in the bean loaf can be altered to suit a family's tastes. Fresh tomatoes may be used and a variety of cheeses substituted. "Our regulars are cheddar and Monterey jack," said Larry. "On occasion we use mozzarella and sometimes Swiss." He would prefer to use low-fat farmer cheese, he said, except that it is quite expensive in the Eugene area.

Our congratulations to Larry for using the old bean and some cooking ingenuity to produce such a delicious dish. To him goes the $1,000 prize, and for all our bean-loving readers, here's the recipe:

Pinto/Kidney Bean Loaf
(Makes 6-8 servings)

1 cup dried pinto beans
1 cup dried kidney beans
1 cup brown rice, cooked (white rice is optional)
1½ cups tomato sauce
1 cup bread crumbs
2 tablespoons wheat germ
½ cup onions, chopped
½ cup green peppers, chopped
1 cup celery, chopped
1 small clove garlic, minced
Salt substitute and pepper to taste
1 teaspoon basil
1 teaspoon summer savory
1 tablespoon dried parsley
¼ teaspoon hot chili peppers, crushed (chili powder is optional)
¼ teaspoon cumin, ground (optional)
2 tablespoons sesame seeds
½ cup cheddar cheese, grated

Soak the beans overnight and cook until tender yet firm. Put in a large bowl and mash the beans. (It's nice to leave some of the beans whole for varying texture.) Add the cooked rice. Sauté the chopped vegetables and garlic in a small amount of oil and add to the beans. Stir in the tomato sauce, bread crumbs and wheat germ and then add the spices. Butter a 9″x5″x3″ bread pan and sprinkle the sesame seeds over the bottom. Put the bean mixture into the pan, sprinkle with the grated cheese and place in a preheated 350° F. oven for 45 minutes or at 375° F. for 30 minutes. This makes a tasty main dish, and the leftovers make excellent sandwiches.

"Pinto/Kidney Bean Loaf is a tremendous recipe," say *Post* food editors. Not only does it contain all the essential amino acids, it's so tasty, it's hard to eat just a single serving.

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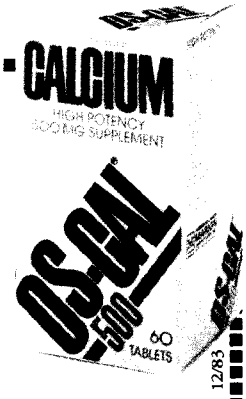

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SMOKE ALARM

Surveys indicate that many people are fearsomely ill-informed about the grave consequences of cigarette smoking.

by Norman Cousins

Twenty years ago, the U.S. Surgeon General issued a landmark report on the effects of cigarette smoking on human health. The U.S. government had bestowed its authority upon the finding that cigarettes are a major cause of cancer.

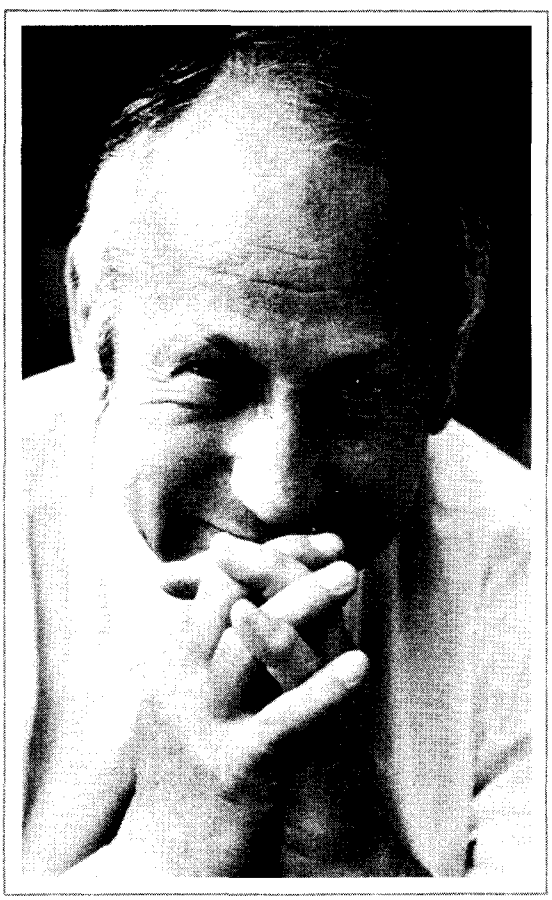
Periodically since then the government has updated its findings. With each new report, the connection between smoking and cancer becomes clearer and stronger. Indeed, the more deeply government investigators probe into the effects of smoking, the more convinced they are that cancer is only one of a wide range of problems caused by tobacco. We have learned, for example, that smoking sharply increases the risk of heart attacks. We have learned, too, that women who smoke and also use oral contraceptives are in greater danger of coronary occlusions than those who do not. Physicians have been alerted that their prescriptions may work quite differently for cigarette smokers.

Other recent government reports refer to the adverse effects of smoking on pregnancy; to the body's increased difficulty using food when it must also handle nicotine and smoke in general; and to the health hazards faced by nonsmokers when exposed to tobacco smoke from others.

How have the American people responded to the mounting evidence of the serious health hazards of smoking?

The response is mixed. The most encouraging sign is that 30 million Americans have quit smoking and added an average of almost a decade to their life expectancy. On the other hand, this gain is confined to men. More women and more teenagers are smoking than ever before. And the most disturbing fact of all is that 345,000 Americans died last year from smoking-related diseases—a higher death toll than we suffered in either world war.

The greatest paradox is that the government has issued such drastic warnings to the American people about cigarette smoking while supporting the very industry causing the problem in the first place. The taxpayers of the United States gave some $70 million in subsidies last year to tobacco growers for producing a crop that costs the American people billions of dollars in medical bills and lost productivity.



Author of 16 books, for 25 years the editor of *Saturday Review* and currently on the medical faculty at UCLA, Norman Cousins continues to enlighten the public on the latest medical research.

Still another paradox: A study supported by the American Medical Association, with the tobacco industry itself joining in sponsorship, has come up with conclusions confirming the connection between smoking and illness. Yet the tobacco industry has ignored these warnings in its own statements about the effects of smoking. And the tobacco lobby has prevented the government from taking direct action to change or eliminate the poisonous contents of its product. When the Federal Communications Commission required that TV and radio balance cigarette advertising with "opposing viewpoints"—health data about smoking—so many smokers quit that the tobacco producers voluntarily withdrew their ads.

Due largely to public pressure, smoking is legally restricted on buses and airplanes, and 46 states as well as the District of Columbia now have laws to restrain smoking in public places. The government has finally stopped shipping tobacco to the Third World, which in former years received from $17 to $66 million worth of the product under the U.S. Food for Peace program.

Public pressure against smoking is largely the result of the educational campaigns being conducted by the American Cancer Society, the American Lung Association and the American Heart Association. The American Medical Association has thrown its substantial prestige behind the general movement. Citizens organizations such as the Group Against Smoking Pollution (GASP) have campaigned for state and local laws restricting smoking. *The Saturday Evening Post* has given its Benjamin Franklin Award to John Banzhaf for his work in organizing and running Action on Smoking and Health (ASH), which keeps after government agencies to do their job on matters concerning smoking. Another group, Doctors

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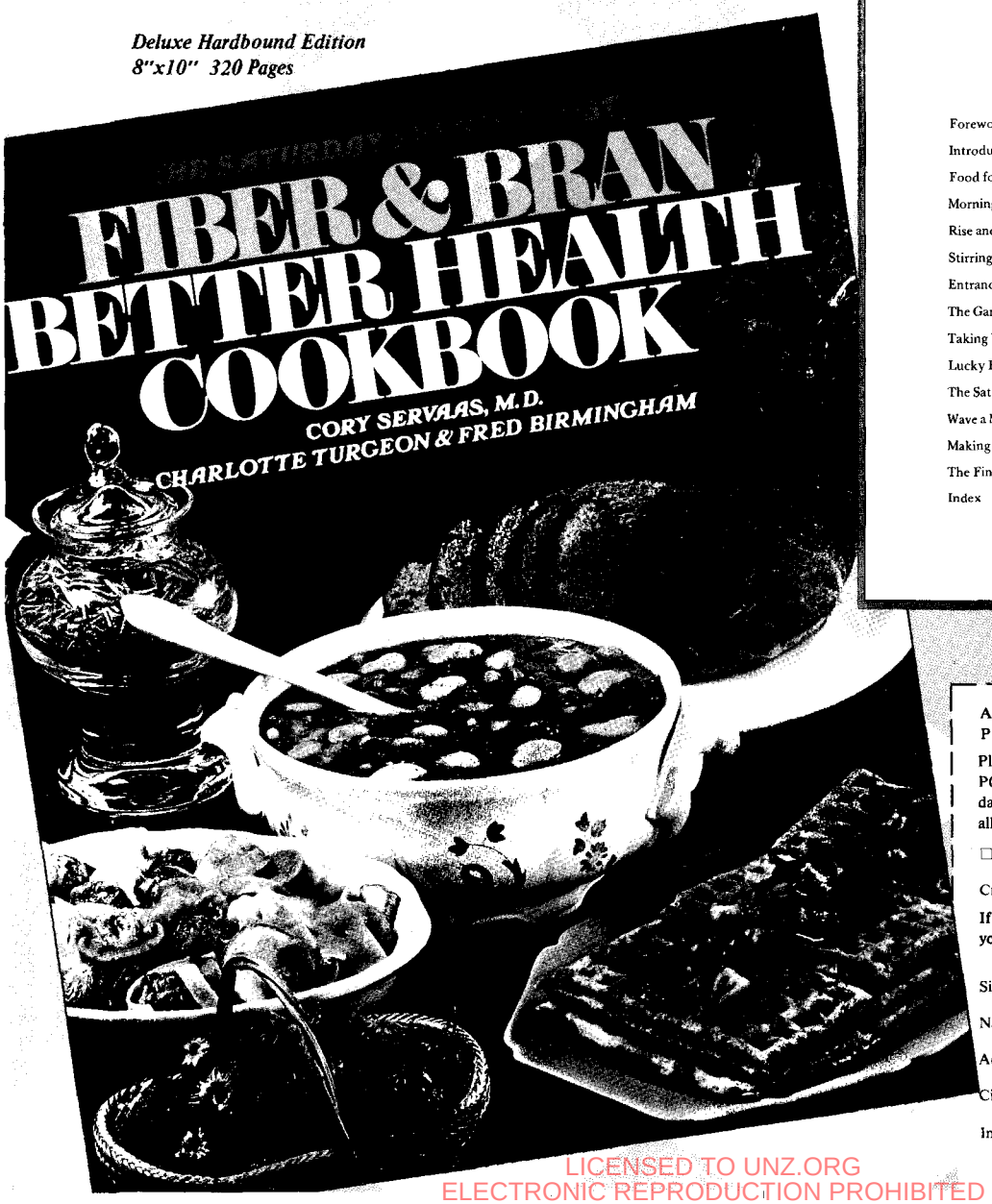

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Ought to Care (DOC), has been founded by Dr. Alan Blum, a family practitioner, for the purpose of educating the public, children especially, about smoking's dangers. Various private corporations have banned cigarette smoking on their premises, and some have even given bonuses to employees who quit smoking or pay for classes to help them kick the habit.

Despite all these efforts, much remains to be done. Even as large numbers of people quit, 54 million Americans continue to smoke; 6 million are children. Worse still, those who continue to smoke are smoking more per capita and raising profits of tobacco companies to an all-time high. The clear conclusion: The campaign against smoking must be intensified, especially among women and children.

Surveys indicate that many people are fearsomely ill-informed about the grave hazards posed by cigarettes. Even the odds of Russian roulette—one in six—are better than those of smoking, where one in three people with a cigarette habit dies of a smoking-related disease. Such facts have led the surgeon general to conclude that cigarette smoking is the single most important environmental factor contributing to premature mortality in the United States. The United Nations World Health Organization, likewise, asserts: "The control of cigarette smoking could do more to improve health and prolong life than any other single action in the whole field of preventive medicine."

Let's translate these facts into things that happen to the individual. What would happen if, say, I lit a cigarette and drew in smoke?

Almost immediately after inhaling, my blood pressure would rise. My heart rate would increase, and my small blood vessels would constrict, lowering my skin temperature and affecting my eyesight. When I exhaled, about 1,200 chemicals—chemicals also contained in chimney smoke and auto exhausts—would remain in my tissues.

If I became a regular smoker, my chances of having a heart attack would rise dramatically. One-third of the deaths from cardiovascular disease, the leading cause of death in this country, are caused by smoking. Researchers have made statistical adjustments for age, sex, race, education level, alcohol use, cholesterol levels, blood pressure and even the celebrated "Type A" personality—and still they conclude that smoking is directly related to 225,000 cardiovascular deaths in this country each year.

As a regular smoker, I would have a dramatically greater chance of contracting lung cancer. Smoking is the No. 1 cause of lung cancer. Of the people who died last year from lung cancer, 80,000 brought about their own disease by smoking.

"I don't recommend the quiche—the dog's been in it."

If I were a cigarette smoker, I would expose myself to other forms of cancer, such as cancer of the mouth, cancer of the larynx or cancer of the bladder.

As indicated earlier, women smokers who use birth-control pills increase their chances of heart attack exponentially. "No less than five independent studies agree on the association," one Food and Drug Administration commissioner told Congress. "I would be astonished if anyone. . .would challenge . . .the lethality of cigarettes in those who use oral contraceptives."

Pregnant smokers substantially increase the chances that they will miscarry, induce fetal birth defects, bear their infants prematurely and have babies of low birth weight. They increase the likelihood their newborns will die in the first month. Medical journals have reported studies showing that cigarette poisons cross the placenta and can later cause cancer in the child and that maternal smoking can cause daughters to suffer early menopause or decreased fertility. Children of women who smoked while pregnant also display retardation in significant numbers until age 11.

Cigarette smoking has a plethora of other effects of particular concern to women. It interferes with nutrition; it causes sleep difficulties; it promotes blood clots. An especially serious effect, mentioned earlier, concerns the combining of cigarettes with prescribed drugs. Some smokers require twice the quantity of certain drugs before they benefit from those drugs. This phenomenon is true of some drugs used to treat serious conditions, such as acute asthma, and other conditions not as dramatic but widespread—those requiring tranquilizers, analgesics and antidepressants.

What about low-tar, low-nicotine cigarettes? How do they affect the total national health picture? Last year these cigarettes totaled half the national sales. A study conducted recently by the American Cancer Society indicated that smokers switching to these brands may have lower death rates and smokers of these brands might find "cold turkey" quitting easier than they would on regular cigarettes. Yet many scientists, along with government officials who have reviewed their work, feel it is a serious mistake to believe that the low-tar, low-nicotine cigarette solves the problem of health risks. Indeed, they feel evidence shows that such a reduction may actually create new dangers. Cigarette smoke contains more than 2,000 chemical compounds; reducing two of them, albeit the most serious ones, does not negate risks from the others.

continued on page 87

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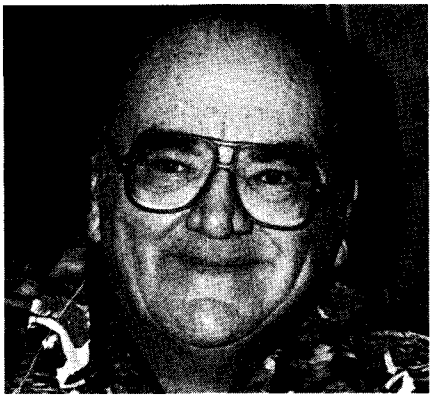
If you want relief from minor arthritis pain, do what these people did.

"Aspirin upsets my stomach. So when I heard about Aspercreme, I tried it. It works great." CARRIE RERES



"Aspercreme gets deep down to where I hurt to relieve my arthritis pain." AL CONNOLLY

"Without Aspercreme I would be in constant pain. Some nights I wouldn't get a wink of sleep without it." SHIRLEY NOBLE

"...thank you for developing a cream that relieves my arthritis pain. Aspercreme doesn't burn my skin and make my home smell like a hospital." JULIA McELLISTRIM

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People prone to aspirin or salicylate allergic reactions should consult their physician before using.

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POST SCRIPTS

Rhymers Mein Grossfader Made

Gesundheit, sprat mitout der sneakers,
Smallischer mit tannisch cheekers!
Wearen raggisch overallers,
Maken mit der birdencallers;
Reddisch stainers on der lippen
Mit der berry juicers drippen;
Und der fingers quickisch pullen
Even mit der pockets fullen!
From der house meinself ist peepen,
Sooner Ich ben up-gecreepen!
Ach! mein gun mit salt ben loaden,
Und mein temper ist exploden!
Schtop der stealen und der looten,
Raus mit uns, or Ich ben shooten!

—Dave Morrah

The Weigh of the World

"It's very unfair. I keep gaining, but some people are lucky. I know a man who eats five big meals a day and big, rich desserts—lots of cake and pie with big gobs of ice cream and whipped cream. And he still weighs about the same as always—380 pounds."

—Kenneth E. Hall

X'd Out

Exercise will exorcise your extra size.

—Dennis Hall

Split Shift

I need at least eight hours of sleep
For my job as an office clerk.
I manage to get six hours at home,
The other two at work.

—Hans G. Mueller

Past Masters

Parents are people who bear infants, bore teenagers and board newlyweds.

—William E. Morgan

Postdated

First mother: "How did you know when your son was grown up?"

Second mother: "When I saw girls spend an evening with him without getting paid for it."

—B. Bader

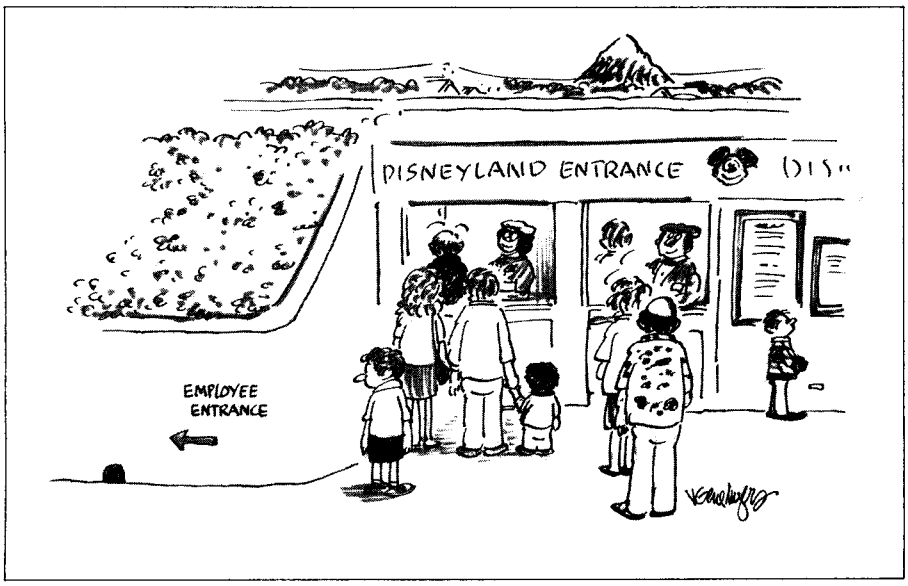
Not a Chance

A man and a woman met at an afternoon party and got along famously from the outset.

As the event neared its end, he asked, "Could I by any chance take you out to dinner?"

"Not by any chance," the woman answered, "but I will go if it's by design."

—Claire Puneky



Fermenting Logic

A father was worried about his little daughter getting up ill in the middle of the night. So he consulted one of his know-all friends.

"Does she drink milk before she goes to sleep?" he was asked.

"Yes," was the answer.

"That's the trouble," the wise guy said. "If you feed the child milk before bedtime, she goes to sleep and tosses from side to side. Milk turns to cheese, cheese turns to butter, butter turns to fat, fat turns to sugar, sugar turns to alcohol and, the first thing you know, the kid wakes up with a hangover."

—Trenda Leigh

Heaven, and All That Jazz

A second-rate musician with aspirations of being a great dance-band leader expired suddenly and went to heaven. St. Peter met him at the pearly gates. "Are we happy to see you!" he said. "We've been trying to put a band together. We have the greatest musicians. Our brass section includes Gabriel, Harry James, Louis Armstrong and Tommy Dorsey. All we need is a man like you with leadership ability to put the whole thing together."

"Crazy, man," said the musician. "When does the gig start?"

"Immediately," said St. Peter. "They're all waiting for you in room three. However, there is one little fly in the ointment. Gabriel's girl friend thinks she can sing."

—Jack Dunlap

Mixed Blessing

A priest, who was an avid golfer, went out to his favorite golf course. In the pro shop he met another golfer who was also looking for a game, and they decided to play.

"To make it more interesting perhaps we should have a little bet," the man said. "What kind of score do you usually shoot, Father?"

"I'll be between 95 and 100," the priest answered.

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"Fine, that's my game, too. We can play even—no strokes either way," the other golfer said.

They agreed on a bet and started out. When the round was finished, the priest had a 96 and his opponent came in with an 83.

The priest paid off the bet, then said: "My son, there's one thing I would like to do for you—someday soon I would like to marry your father and mother."

—A. J. Cutting

Inside Knowledge?

The editor of a country newspaper somehow contrived to drop his typewriter on his foot. The walls of his office were ringing with the sound of his pain and fury when the minister walked in.

"John," the minister remonstrated, "don't swear like that."

"Reverend," said the editor in a pained voice, "if you know of a better way to swear, now is the time to tell me."

—Lane Olinghouse

Fruitless Search

A lot of persons gamble and lose,
yet have not Las Vegas notion why.

—Lakenan Barnes

Hotline

A friend of mine with four teenagers swears it's been six years since he's picked up a phone that wasn't warm.

—Martha J. Beckman

Battle Fatigue

There's peace at last, and I can rest
  And quietly survey
The aftermath of skirmishes,
  In wide and wild array:
My body aches, my nerves are shot,
  My patience, ebbed away;
My house is in a shambles from
  The crises of the day.
No poltergeist or Martian or
  Tornado has passed through;
It's just, it's half-past eight at night,
  And she is half-past two.

—Mary Margaret De Angelis

An Unpromising Start

"My son, I owe my success to two principles: honesty and wisdom. Honesty means that if you promise to deliver an item, no matter what happens, even if it means bankruptcy, deliver it," said the tycoon.

"I'll try to remember that, dad, but what about wisdom?" replied the son.

"Wisdom is simple," said the father. "Don't make any promises."

—Bill Kreifeldt

Founding Father Unfound

Once, Washington led us to
  freedom,
With hope, faith and bravery.
But where is the one who will free us
From IRS slavery?

—Dorothy Eizen

Singleminded Woman

A few days after the minister had married the couple, the bride sent this note: "Dear Sir: Thank you very much for the wonderful way in which you brought my happiness to an end."

—James E. Knowles

You'll Never Walk Alone?

A youngster overheard saying his prayers on the eve before his family leaves town: "This will have to be good-bye, God. We are moving tomorrow."

—Rose Sands

Parental Guidance Demanded

At a club meeting, the women were discussing movies and the difficulty of finding any suitable for their children to see.

"What's more," said one woman, "I can't even find one suitable for my *mother* to see!"

—Henry E. Leabo

The Perfect Mulch

I started, "A ten, to cut my grass.
  For that, you should serenade it."
He replied, "For you, I have Plan B;
  Wait one week, and then I'll gladly braid it."

—Rhoda Pellor

Engineering a Response

In an engineering seminar the instructor was explaining the phenomenon of "brainstorming." He pointed out that the subconscious mind works independently and will sometimes provide sudden, full-blown solutions to troublesome problems. "Why, sometimes I wake up in the middle of the night with a great idea!" he exclaimed.

"Me, too," came a response from the rear. "But my wife doesn't always go along with it."

—G.G. Crabtree

Mr. Nervous Nellie

A woman, attending a convention headquartered in a hotel, entered a room and recognized the man pacing up and down. She asked what he was doing there.

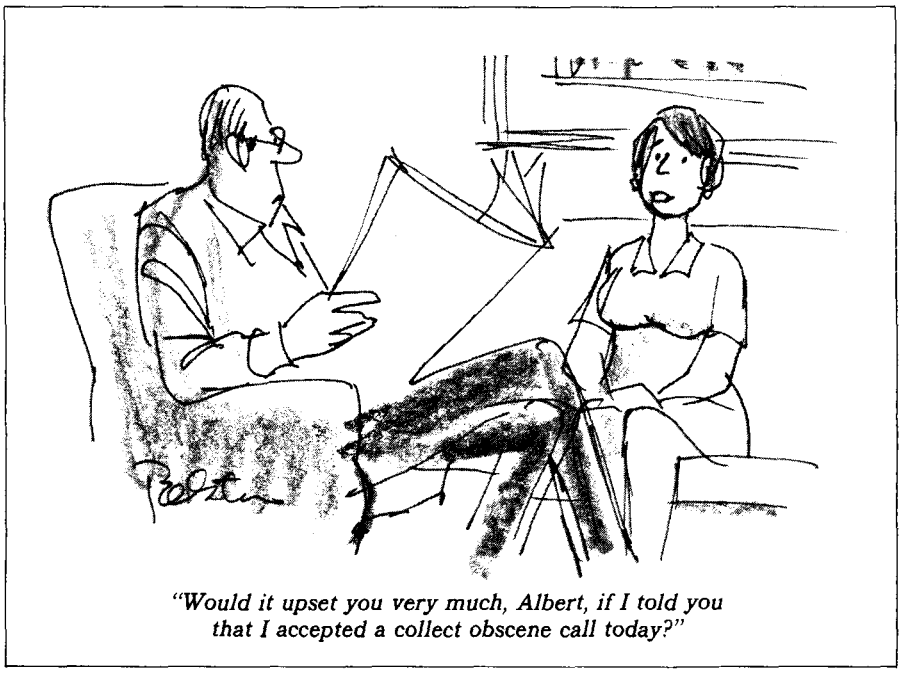
"I'm going to make a speech this afternoon," he replied.

"Are you always this nervous before you make a speech?"

"Nervous?" he replied. "No, I never get nervous."

"Really?" observed the woman. "Then what are you doing in the ladies room?"

—Sylvia Newlin



"Would it upset you very much, Albert, if I told you that I accepted a collect obscene call today?"

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IS THIS ANY WAY TO RUN AN AIRLINE? (DON'T ASK ME)

A minor expert takes off on everything from "motion discomfort" bags to pouring salad dressing in his coffee.

by Richard Lemon

A lady from a poll-taking firm came in recently and interviewed me about U.S. airlines, on which I am a minor expert. Unfortunately the poll was about international flying, and she asked things like, "Do you think the presence of Willynilly Airlines in France helps the U.S. image overseas?" I can't imagine how a Frenchman reacts to an airline, and if my answers are taken seriously, I look for a downturn in Willynilly's business. But polls have their place. I've flown almost every airline inside the United States, and if I had directed the conversation to my areas of special knowledge, things could have gone profitably, like this:

POLLSTER: Hello, sir. We're taking a survey on U.S. air travel.

ME: Wonderful. Would you like to know what bugs me most about U.S. air travel?

POLLSTER: That's not the question on my sheet, but all right.

ME: Everything in U.S. airplanes comes in a wrapping. The sugar comes in a paper wrapping, the cream and the salad dressing come in little plastic containers, the silverware comes in some cellophane wrapping, the butter has a paper lid on it, the hand-moistening towel comes in a foil wrapping, the movie earphones come in cellophane.

POLLSTER: But that's for sanitation.

ME: You worry about getting packages mixed up and pouring salad dressing in your coffee. And the ashtrays are too small, so you eat surrounded by crunched-up paper. It takes two hands to tear everything open, and two hands and your teeth to break open the containers of salt and pepper, and when you let go of the silverware, it gets lost under the litter. If you want more cream and sugar, you have to squash the sugar, salt, pepper and hand-moistener wrappers and the cream container into the milk carton to make room. I don't like wrapped glasses in hotel rooms, either.

POLLSTER: That's irrelevant.

ME: I'm giving you background. I'm anti-wrapper, generally.

POLLSTER: All right. "Anti-wrapper." Now, I'd like to ask——

ME: The motion-discomfort bag is basically dishonest.

POLLSTER: How is that?

ME: Motion discomfort is when your leg falls asleep or the man in front of you whips his set back and rams you in the ribs with your own tray.

POLLSTER: I don't think that the airlines would go for "throwing-up bag."

ME: They could compromise.

POLLSTER: Sir, my question is, "From your point of view, what is the most important feature of the plane?"

ME: The stewardesses.

POLLSTER: Very well. And do you know of any ways these important persons could perform better?

ME: They could be taught where Cincinnati is.

POLLSTER: "Stewardesses ignorant of location of Cincinnati." Fine. How do you happen to know that, by the way?

ME: I once flew from Paducah to Louisville and missed my connection to New York. They put me on a flight that went to Cincinnati and then Cleveland and said I should get a New York flight from one of those cities. So once aloft, I asked the stewardess which was nearer New York—Cincinnati or Cleveland. She didn't know.

POLLSTER: She should have asked the pilot.

ME: She did, and he didn't know either. Then she went up and down the aisle asking pas-

continued on page 96

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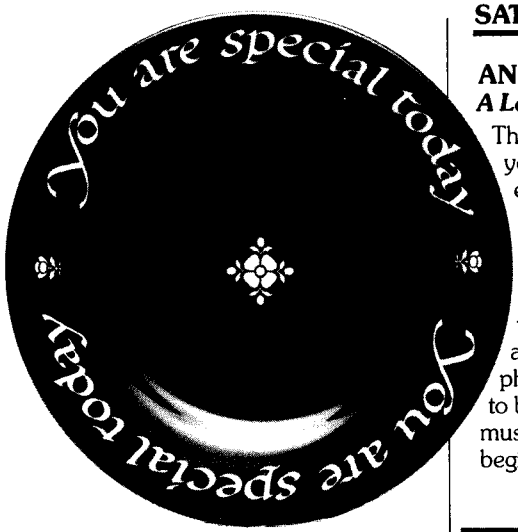

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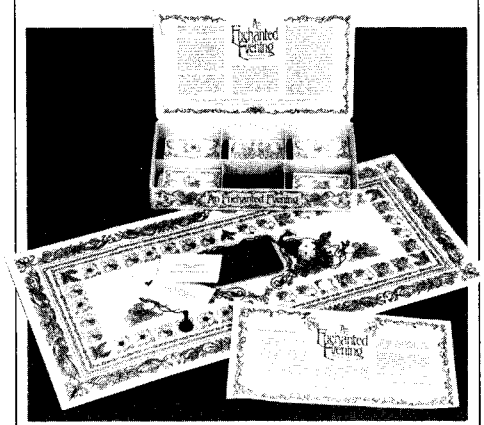

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Tape Three features a fathering roundtable with ***Gordon MacDonald*** plus music and kids, family traditions, "long-distance" fathering, kids and money, and "languages of love" in marriage segments. (Item A330) **$5.95**

All three tapes (Item A340) **$14.95**

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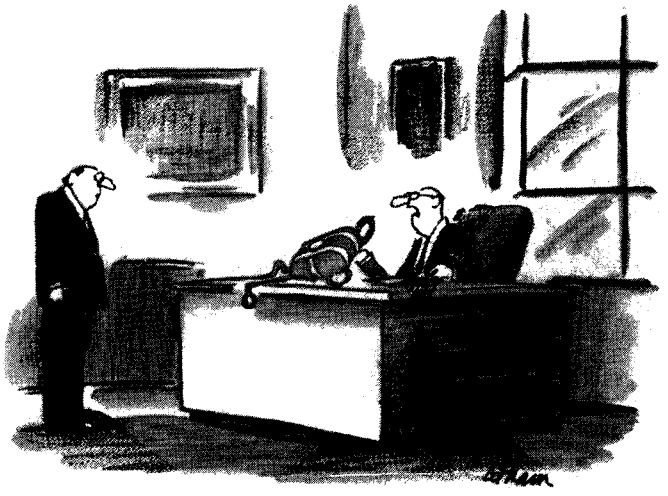
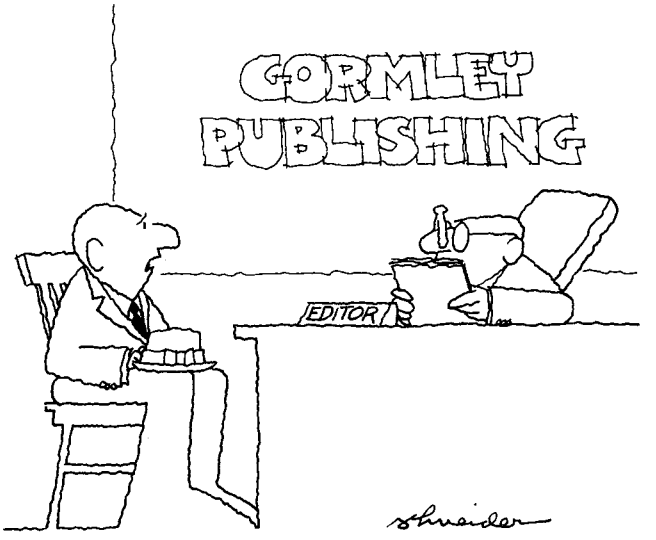
NO'S FOR NEWS

"I'll appeal your case to the higher court, but meanwhile, don't ignore any escape plots."



"Take this parachute, Barksdale. You're going to be relocated!"



"Then it's 'no.'"

"Gentlemen, I'm afraid I'm the bear of bad news."

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The Post All-American Family Contest

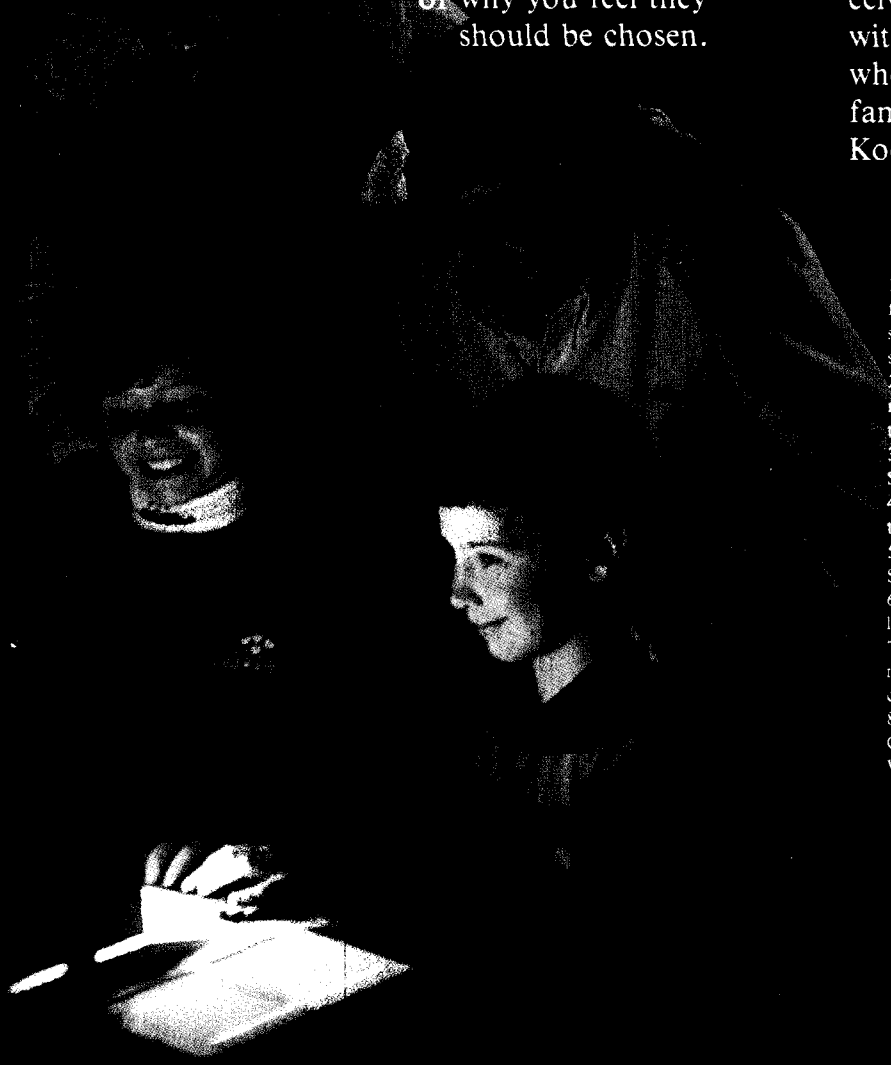
Win an Apple IIe Personal Computer

The *Post* is searching for our nation's All-American family and that All-American family could be living next door to you in your home town. It could be a relative or a friend. But we won't know until you tell us.

To nominate them for the *Post*'s 1984 All-American Family Contest, simply send us a photo of the family along with a short summary of why you feel they should be chosen.

We'll send every nominated family a questionnaire. Impartial judges at the *Post* will select the All-American family from the completed questionnaire.

The winning family will receive an Apple IIe computer with accessories. The person who nominated the winning family will receive a beautiful Kodak camera.



Contest Rules

1. Please enclose a recent photograph of the family you wish to nominate and a brief statement on why you believe this family should win.
2. Submission of each entry constitutes permission to use entrant's photo and facts in the *Post*.
3. Winner will be chosen by panel of The Saturday Evening Post Society judges.
4. The *Post* reserves the right to investigate the eligibility of all entrants.
5. Employees of The Saturday Evening Post Society and their families are not eligible.
6. Nomination entries must be received no later than August 1, 1984.
7. Immediate family members of the winning family are not eligible to win the Kodak camera nominating prize.
8. Send nomination entries to: Post Family Contest, The Saturday Evening Post, 1100 Waterway Blvd., Indianapolis, IN 46202.

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A GENIUS FOR DISCOVERY

Still working at 90 years of age, Nobel Prize winner Dr. Albert Szent-Györgyi declares that cancer can be cured.

by George Weber, M.D.

I first saw Professor Albert Szent-Györgyi in action in 1945 just after he had taken over the newly created chair of biochemistry at the medical school in Budapest.

We medical students sat waiting for the first biochemistry lecture of the semester by Hungary's famous son and Nobel Prize winner. Suddenly a side door was flung open, and a young, vigorous man quickly strode to center stage. "If I wanted to create a human being, a homunculus, how would I proceed as a biochemist?" he asked.

With swift chalk strokes, he outlined basic structures on the blackboard. From time to time he swung around to face us, stepped to center stage and delivered an epigram: "The only difference between medical students and cabbages is that one is greener"—he didn't say which; "The Creator must have known a great deal of wave mechanics and solid-state physics and must have applied them. Certainly he did not limit himself to the molecular level when shaping life just to make it simpler for the biochemist."

The chalk grated on the slate as the chemical structures and bones appeared in white, nerves in yellow, veins in blue, arteries in red. Again he stepped to center stage: "Life as such does not exist; nobody has seen it. What we call life is the sum of certain reactions of systems of matter, as the smile is a quality or reaction of lips." With the consummate skill of a born actor, he paused. And then, full-faced to his delighted students, he said, "I cannot take the girl in my right arm and her smile in my left hand and study the two independently. Similarly, we cannot separate life from matter, but if we study this matter and its reactions, we study life itself."

At the blackboard, a few more swift strokes—and the form of a human being sprang from the chaos. I glanced behind me and saw that the enormous lecture room was jammed with people, sitting on the stairs, in window nooks, standing in the aisles. Professors, students from other classes and from the nearby chemical engineering university, the cleaning ladies, the policeman from the corner—all were mesmerized. When the lecture ended the applause shook the chandeliers. A quick smile and the professor disappeared with his magic. We medical students, awed by the recent presence of genius and convinced that biochemistry was the queen of sciences, staggered out into the bright sunlight.

Today, at 90, the grand old man is still at work bringing his genius to bear on the search for a cure for cancer, the disease that ravaged his own life by taking his first wife and his daughter, his only child. "Puzzles have to be solved," Dr. Albert Szent-Györgyi says, and cancer is a solvable problem.

Szent-Györgyi has been studying cancer for decades. He began with experiments on the effects of thymus extracts on growth of spontaneous cancer. Some of the extracts retarded, and still others promoted, cancerous growth. "The idea that growth should be regulated by two antagonists seemed too neat to be abandoned," Szent-Györgyi wrote. "This was my first round with cancer, which I won. The second round was won by cancer, which took what was dearest to me and knocked me out for several years."

In the laboratory today, Szent-Györgyi is attempting to illuminate cell activity on a submolecular level by examining the relationships between electrons, the tiny components of atoms. "We cannot understand cancer until we understand life, because cancer is just distorted life," he says.

Szent-Györgyi compares the can-

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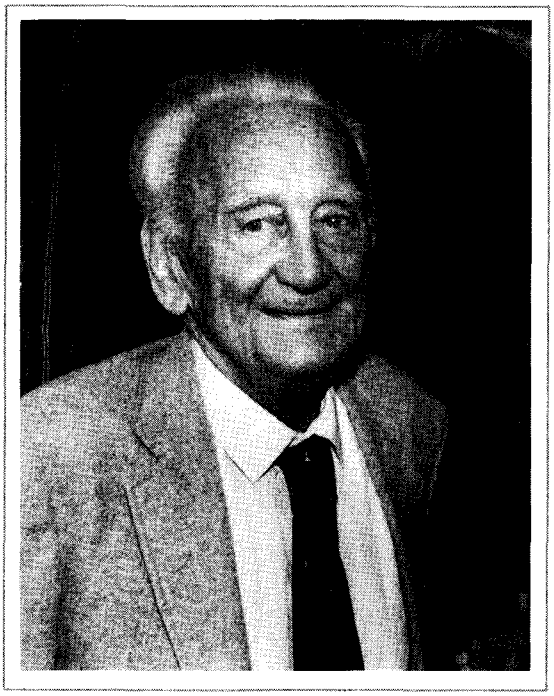

Dr. Albert Szent-Györgyi says of his laboratory battle: "The first round, I won. The second round was won by cancer, which took what was dearest to me."

Dr. George Weber, professor of pharmacology and director of the Laboratory of Experimental Oncology at the Indiana University School of Medicine, is internationally known for his molecular correlation concept, which led to a better understanding of the ordered biochemical alterations in cancer cells. He has known Professor Szent-Györgyi since 1945 and recently attended the professor's 90th birthday celebration at the Harvard Club.

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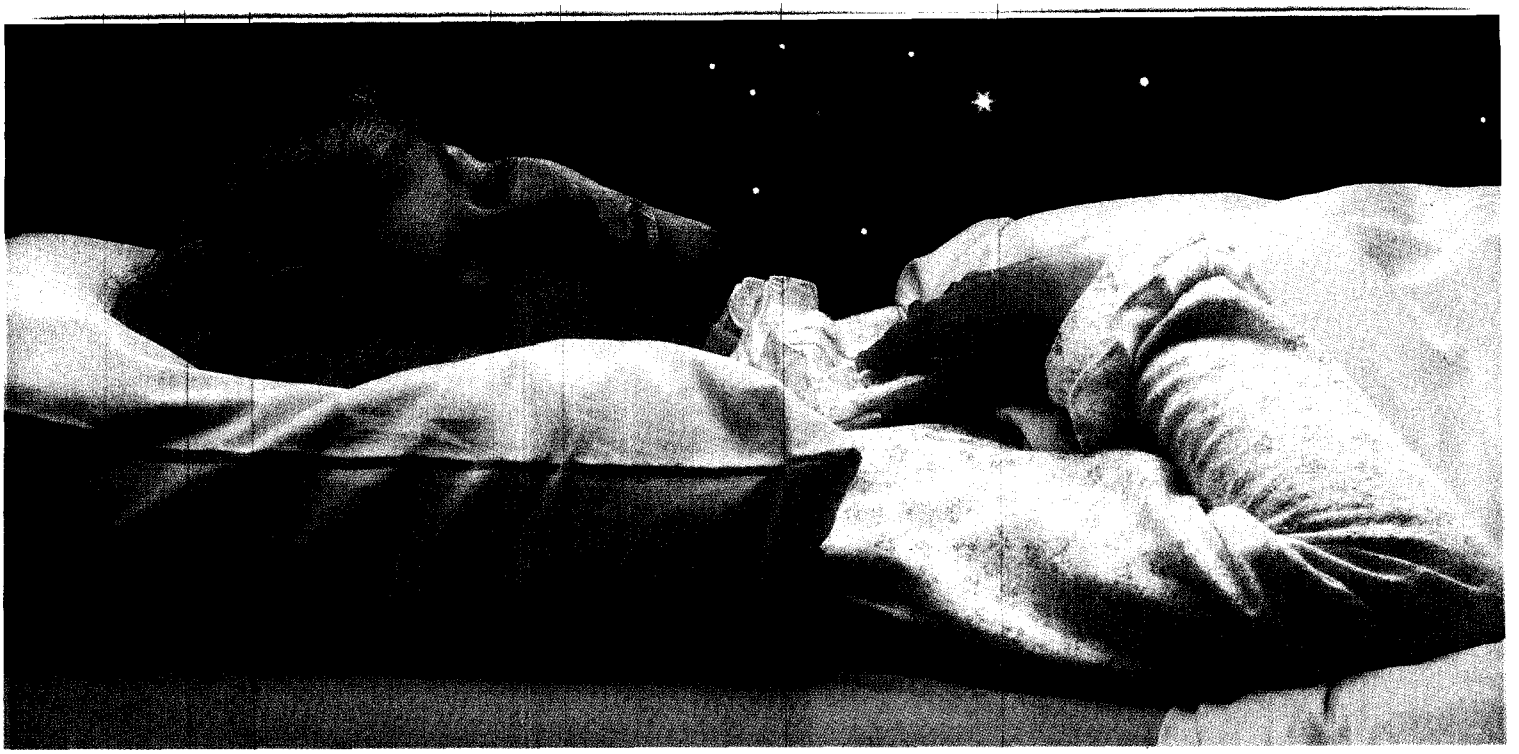

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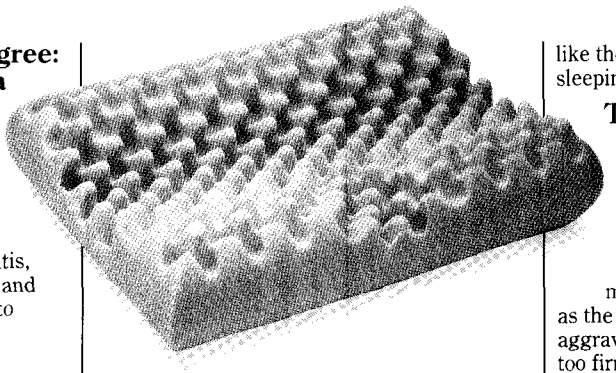

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cer cell to a car parked on a slope. If the car starts moving, Szent-Györgyi points out, "One does not ask 'What drives it?' but asks, 'What has gone wrong with the brake?' "

We may be approaching the puzzle of cancer in the wrong way. "Until now cancer was looked upon as a hostile intruder which had to be eliminated. It might be looked upon also as a cell in trouble, which needs help to return to normal," he says. This new way of thinking comes naturally to a man who takes as his motto: "To see what everyone has seen and think what no one has thought."

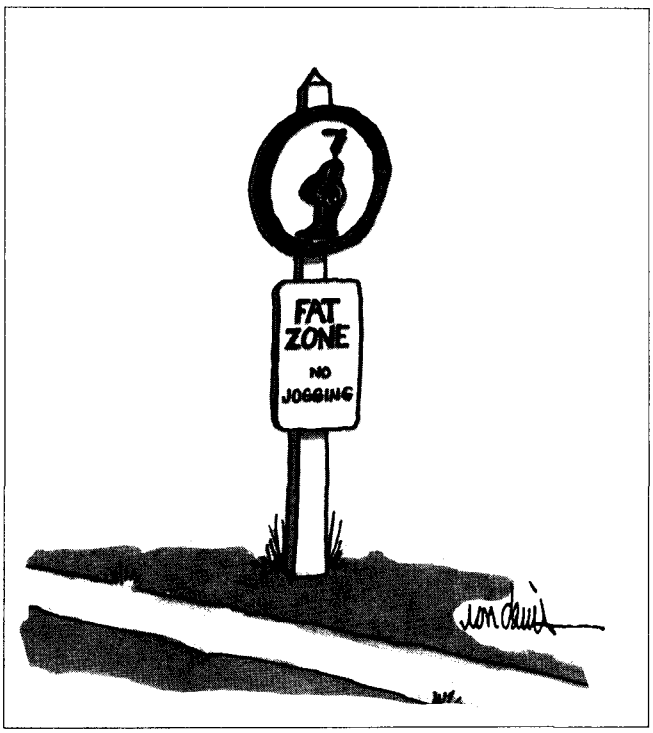
Specifically, Szent-Györgyi believes that cancer may result from a deficiency of a substance that affects the cell's ability to use oxygen. This substance, if given with a vitamin-C-related compound, might restore cancer cells to normal function. Szent-Györgyi's interest in vitamin C goes back to his early research on ascorbic acid, vitamin C, for which he was awarded the Nobel Prize.

Szent-Györgyi is interested in curing disease—and in preventing it. Human beings are well adapted to their surroundings, but recently the surroundings have been changing and producing disharmony between man and his environment. Pollution of air and water, noise pollution, poor nutrition, cigarette smoking—all cause poor health.

"Present medicine is lopsided. It looked at disease till it was blinded and forgot about health. The ideal of present medicine is curing all disease, but 'no disease' is negative. 'Full health' is positive," he says.

Szent-Györgyi maintains that vitamins are an important factor in the coordination of the human body with its surroundings. "Vitamins, if properly understood and applied, will help us to reduce human suffering to an extent which the most fantastic mind would fail to imagine." For full health, vitamin C in particular is a necessity. "Ascorbic acid should be a household article, like sugar or flour, and be sold by the pound in the supermarket, instead of being sold in pills by the druggist."

"I am not so terribly old," Szent-Györgyi once wrote (he was nearly 80 and was about to learn to water-ski), but his memory goes back to the time when his uncle, also a scientist, told him that a lecture proving the impossibility of flying with heavier-than-air objects was given at the French Academy of Sciences. "Everybody felt relieved because the idea of flying had begun to bother people," he says. Szent-Györgyi also recalls that when the first car visited his father's farm, "the farmhands demanded that the hood be opened and the swindle—that is, the hidden horse—be exposed."



Now we live in a new world "in which I can watch in living color my fellow man stepping onto the moon and even hear him talking, sitting, myself in slippers, at home," he says. A new world, Szent-Györgyi reminds us, demands new ideas.

"Why does man behave like a perfect idiot?" Szent-Györgyi asks in *The Crazy Ape*, his little philosophical book. He pleads for men to come to their senses and to unite to make a better world.

"Today is the first time in man's history that he is able to truly enjoy life, free of cold, hunger and disease. It is the first time he is able to satisfy all his basic needs," Szent-Györgyi says. It is also, tragically, the first time that "man has the capability of exterminating himself in one blow or making his lovely little globe uninhabitable by pollution or overpopulation. . . . On our shrunken globe today there is room for one group only, the family of man," he concludes.

Szent-Györgyi believes that scientists can lead in uniting mankind. "The spirit of science is that of good will, mutual respect and human solidarity. This results from the fact that science was not built by any single nation or race but is the common property of man, having been created by peoples of the most different backgrounds and descents. Scientists form one single community which knows no borders of space or time. Although I am living in a certain community at a certain time, Newton, Pasteur and Bach are my daily companions."

Bartlett's Familiar Quotations records Szent-Györgyi's description of the real scientist, "ready to bear privation and, if need be, starvation rather than let anyone dictate to him which direction his work must take." Science demands courage, the strength to take the leap into the unknown, not once, but again and again. "There is but one safe way to avoid mistakes," Szent-Györgyi says, "to do nothing or, at least, to avoid doing something new. This, however, in itself may be the greatest mistake of all. . . . The unknown lends an insecure foothold, and when venturing out into it one can hope for no more than that the possible failure will be an honorable one."

Szent-Györgyi exhorts the scientists who work in his laboratory: "If everything given to us by research were to be taken away, civilization would collapse and we would stand naked, searching for caves again." He reminds them that where creativity is concerned, the arguments of the marketplace do not apply: "Businessmen may argue on the basis of efficiency: that if one woman produces a child in nine months, nine women should be able

continued on page 98

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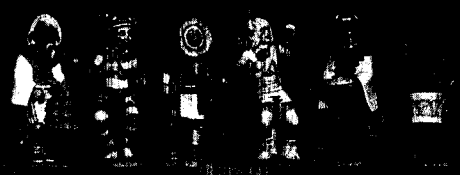

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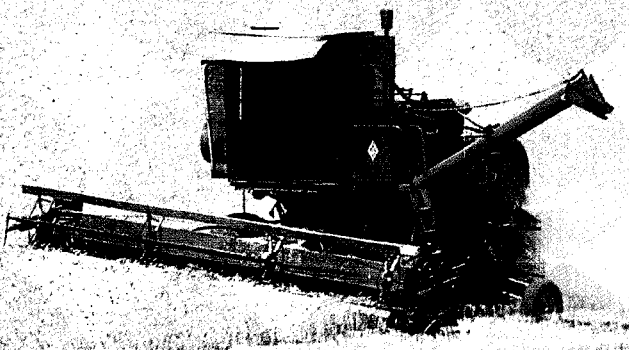

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BOB HOPE AND THE FOUNTAIN OF YOUTH

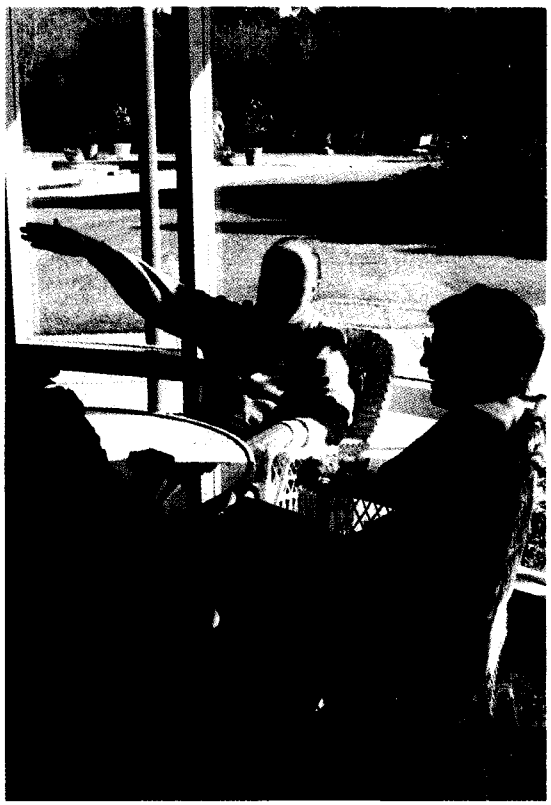
The private Bob Hope is just like the public Bob Hope. He's fun loving, unguarded and there's not a phony bone in his body. But at 80, how does he manage to look and feel so incredibly great?

by Cory SerVaas, M.D.

We were off on the road to see the fountain of youth in the flesh—Bob Hope. Maynard Good Stoddard and I wanted to discover this octogenarian's secret for staying young and exuberantly healthy. But it was not to be easy; give Bob Hope an audience of two and he'll never be serious.

After having him in our living rooms for so many years, being in *his* room seemed as natural as an afternoon chat with a neighbor over the backyard hedge. Without make-up or cue cards, Bob Hope looks and talks like—well, Bob Hope. No two adjectives could better describe him. That impish twinkle in his eyes is not generated by footlights alone, nor, as we would learn, does he owe his keen wit to a battery of writers.

While we were trying to pick him apart, he was more interested in regaling us with one-liners. But somehow in between we would learn that among his several secrets for good health and going gung-ho at age 80 are a high-fiber breakfast, a daily multivitamin, daily exercise, having the good sense to stop smoking 40 years ago and making every day a blast with the laughter of his work.



Bob Hope tells us how he gets his exercise: walking his dogs three times around the beautifully landscaped six acres surrounding his North Hollywood home. Then there's his one-hole "backyard" golf course.

SerVaas: How do you look so great at your age? How do you stay so healthy? We want the secret. Bob Hope tells all. We heard a rumor that you have a massage every day. Is that true?

Hope: I have masseurs. I used to have my own masseur with me, a young Mexican fella who was awfully good. And then he walked across Ventura here, and a car hit him and smashed him all up. He lived for a couple of years and then he died. Since then I've had masseurs staked out in every city in the country. When we get to Cincinnati, I just turn to Cincinnati in my book and I call a masseur.

I think it's also the diet thing that's so important. I never eat after dinner, and I don't drink after dinner. I used to take a drink. Nothing that would get me excited enough to keep me awake. And then I walk every night. I take my two guard dogs and walk around here three or four times, which is a little over a mile.

Stoddard: Bing said that he talked you into a vacation once and you never forgave him. He said you came back with shingles, hives, ulcers and a spastic colon.

Hope: It's not true. There's a lot of jokes that I went fishing and I left because I said the fish don't laugh, and a lot of things like that. I go up in Alaska seven to ten days at a time. I went up there last year and had a marvelous time fishing for salmon, and I've got another date now somewhere at the end of June, when I'm going up for another seven or ten days.

SerVaas: You've been always healthy, right?

Hope: I've been damn healthy. I've been lucky, very lucky. I play a lot of golf every chance I get. I get fed up around three o'clock just answering the phone, and I get in the car and zoom, right to the golf course.

Stoddard: Do you play every single day?

Hope: If I can make it, absolutely. Every day. I live only five minutes from Lakeside, right on the corner down about four blocks and over three, and I step right in the golf cart.

SerVaas: What was your handicap at its lowest?

Hope: Four. And now I'm a 20.

SerVaas: That's darn good.

Hope: Before I had my eye problems. I've had a lot of eye hemorrhages brought on by pressure, moving a little too fast.

SerVaas: It's all right now?

Hope: It's something I have to be

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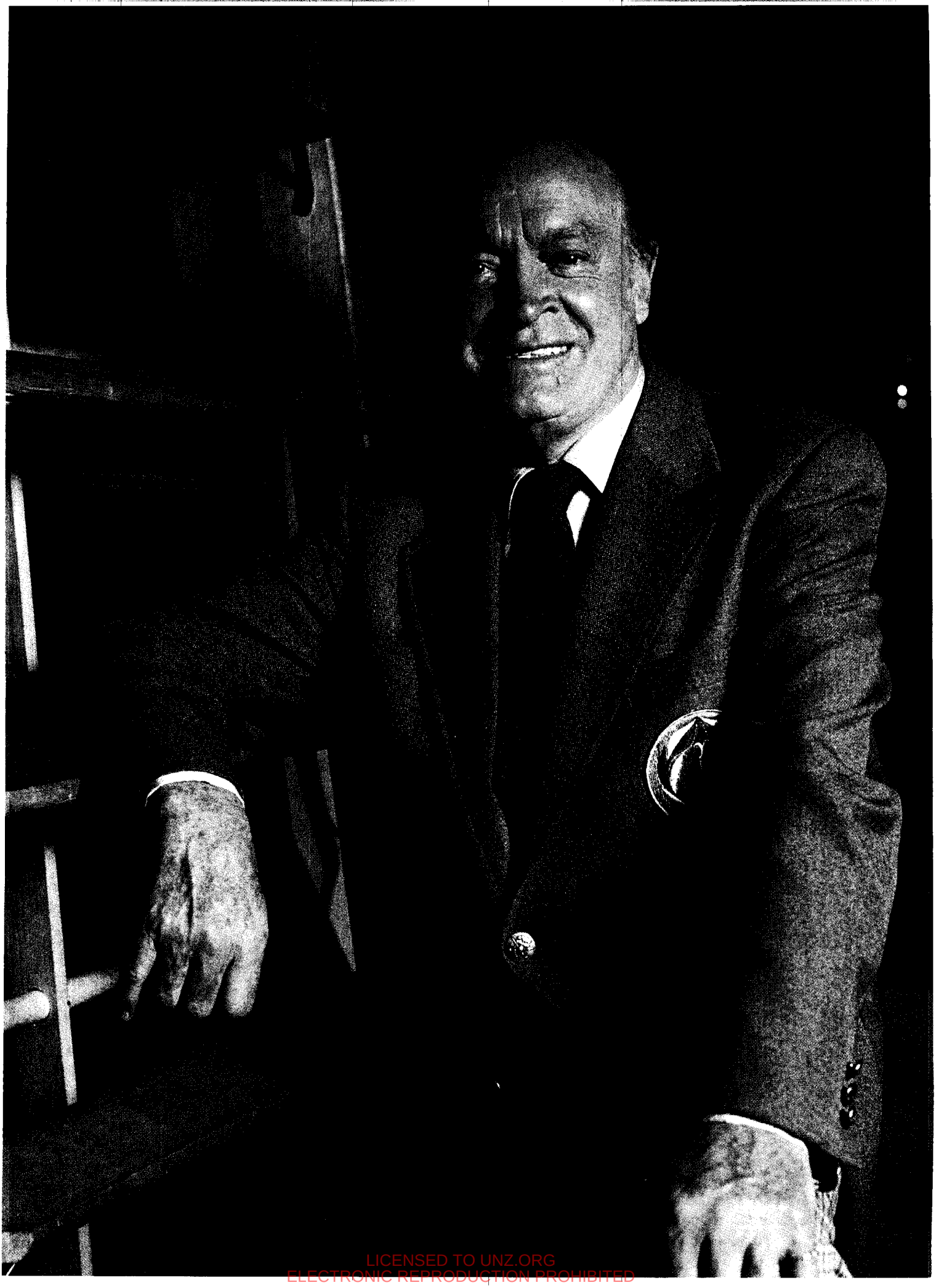

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very careful of. I wanted to go to Lebanon a year ago Christmas, and they wouldn't let me go.

Stoddard: You have risked your life both overseas and playing golf with Gerald Ford. You've had some fairly narrow escapes?

Hope: No, I'm pretty smart. When I play golf with Jerry I stand in back of him. That's the safest place on the whole golf course.

Stoddard: Do you train pretty much like the athletes?

Hope: I have to. I keep up a pretty good routine. I've got to make sure that I feel good when I walk up those stairs. That to me is a kick. When I can run up those stairs.

SerVaas: When do you run?

Hope: Whenever I go up stairs I go up fast. I do it just to see how it feels.

SerVaas: You don't take the elevator? You deliberately don't take the elevator?

Hope: Only here. I'm only talking about one flight. I take the elevator anywhere else. I'm not going to walk if I can ride. But I do walk.

SerVaas: But on the golf course you ride most of the time?

Hope: I ride all the time. There's enough exercise between.

Stoddard: Getting out of bunkers?

Dolores Reade's husky-voiced rendition of "It's Only a Paper Moon" captured Robert Townes Hope for life. This year Bob and Dolores celebrated their 50-year partnership of loving, honoring and obeying.

Hope: Trying to get out of that trap, right. There's a lot of walking it off. You park the cart over here and you walk over here and over there. You get out of the cart. . .you walk a little bit. . .you hit a little bit.

SerVaas: I just thought of something. Do you know what you ought to do?

Hope: Quit show business?

SerVaas: No, no, I just hope you stay around a long time and so do other people. Do you know how to do CPR?

Hope: How to do *what*?

SerVaas: Cardiopulmonary resuscitation. You should make sure that everyone around you knows how to do CPR—just in case. My husband had his secretaries, his wife and his best friend take the course. He's smart. Nelson Rockefeller might be alive today if he had taught Meagan what to do. She was trying to resuscitate him on the couch when she should have gotten him on the hard surface of the floor and pushed on his chest and blown in his mouth while holding his nostrils closed. It wouldn't help to get his heart going if he wasn't breathing. You have to circulate the air in the lungs, too.

Hope: Of course.

SerVaas: You never know when you'll need to know CPR on the golf course. Like in Bing Crosby's case. Did you know he was sick?

Hope: No, but the doctor told him in London not to play over nine holes, so he must not have been in tip-top shape.

SerVaas: Do you want me to tell you the basics in a hurry? You pinch on the nose, and you blow in the mouth, and then you bang on the chest. [demonstration]

Hope: You do that!

SerVaas: If someone just plain drops over as though dead and you want to resuscitate him and his heart stops beating, he's going to die if his blood doesn't circulate within five minutes. So there's no use waiting for a doctor if there isn't one on the golf course, but you pound right on the sternum, hard like that.

Hope: Where? Right on this bone here?

SerVaas: Right on that bone. Two fingers up from the tip of the sternum. The bottom of the sternum.

Hope: I had a great agent from New York, Charlie Yates, who booked me in a lot of places ever since I started. I knew that he had some problems, some heart problems. I was on the sixth hole down there at Palm Springs, and he fell out of the cart dead. I took my sweater off and put it on him and sent the caddy in to try and find a doctor. If I'd known that, I would have jumped down and tried to do something.

SerVaas: External cardiac massage.

Hope: I called his widow, Reg-

"If you think *this* house is something," Hope told us, "you should see the one in Palm Springs." This *is* the one in Palm Springs. How a man can hit the road so often with a dwelling like this for a backup retreat must be credited to his love of work.

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gie, that night, and I said, "Gee, I'm so sorry." She said, "You know something? He wanted to die with you on the golf course." She said, "You probably knew he's had hardening of the arteries." I didn't know that.

SerVaas: Do you know what they think causes that now? The latest thing? A herpes virus.

Hope: Come on!

SerVaas: Yes, it's true. They took some coronary artery segments out of bypass surgery patients, and the segments had herpes in them.

Hope: [after some hesitation] Can I tell you a naughty joke?

SerVaas: Yes.

Hope: This girl and this fellow are making love, and she says, "Wait a minute, do you have herpes?" He says, "No." She says, "Thank God, I wouldn't want it *again*."

SerVaas: [also after some hesitation] Do you eat meat every day?

Hope: I eat chicken, fish, steak. I mix it up pretty good.

SerVaas: But you don't have any health foods, or you don't go out of your way to find any?

Hope: No, I don't go out for health foods. But about 25 years ago I had a little stomach ache, and I went to my doctor and he said, "What do you eat in the morning?" I said, "Ham and eggs and coffee." He said, "I want you to eat stewed fruit every morning. I don't care what it is, stewed pears, stewed prunes, stewed apples." So I have orange juice or apple juice and stewed fruit. Today, I had rhubarb, apricots, bananas and pears, all stewed. That's my breakfast. And Nescafé decaf.

SerVaas: No caffeine, good. What about fiber? You're not on to fiber or bran? Dietary fiber is considered important now.

Hope: No, I haven't been on that.

SerVaas: It's really very valid that the Africans don't get all the things that we get. They don't get diverticulosis, heart attacks, colon cancer or hemorrhoids. And fiber is the secret. There is really good research on it. You should start eating a little bran every morning with your fruit. Any good gastroenterologist will tell you it's really a protective thing. The fruit is giving you some fiber.

Hope: You know what I do when I get into a town? Most of the hotels don't carry stewed fruit. So when I get into town, I say to the limousine driver, "Where's the supermarket?" And he says, "What do you want?" And I say, "Just drive me to the supermarket." And I go in and I pick up four or five cans of stewed fruit. Figs, so they'll be fresh. You've got to be very careful with figs especially, because they do spoil fast.

SerVaas: Figs are very good fiber.

Hope: Are they?

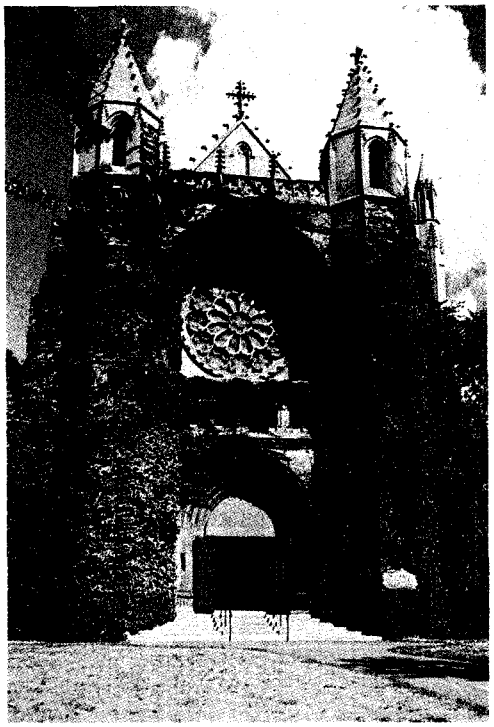
SerVaas: Yes, they have lots of fiber in them.

Hope: I love figs. I had some figs this morning, by the way. Strawberries and rhubarb, that's pretty good living.

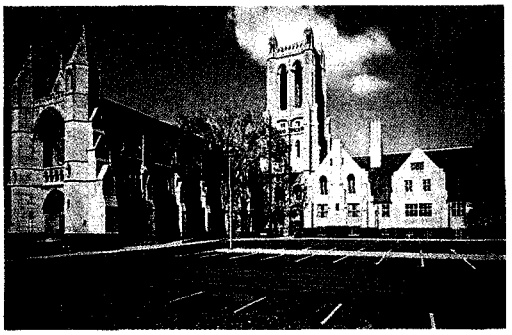
Stoddard: Berries are good. They've got a lot of fiber in them.

SerVaas: You know, that's in the back of the *Bran and Fiber Cookbook*. It's got everything about fiber. . . .

Hope: [appealing to Stoddard]



The Church of the Covenant, Cleveland, Ohio, made a Presbyterian of Bob Hope. "It was the most beautiful thing I ever saw," he says. His father came from England to build it.



What keeps Bob Hope going strong at 80? You're looking at it. "My business is a fun business," he tells us. "I'm around people doing humor, writing humor." Here he is "doing humor" with Mr. T on a special from Hawaii. Those hula girls don't exactly age a man, either.

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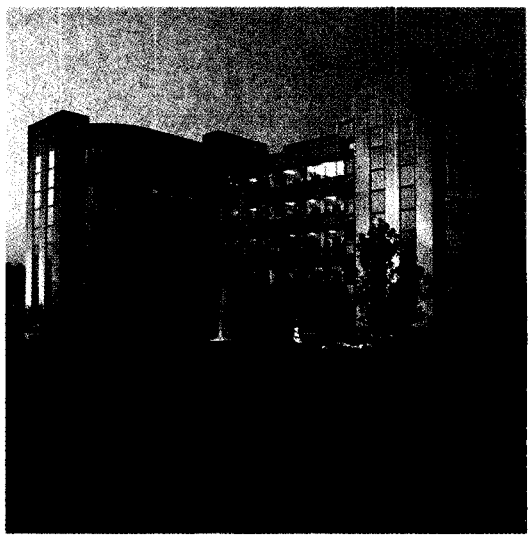
She's going to get me healthy.
SerVaas: I want you to stay healthy until you're 105. This has a chart of the things that are high in fiber. You can see unprocessed wheat bran and wheat-bran cereals, figs, raspberries, and it goes all the way down. [showing chart]
Hope: I've got to look at that. That's wonderful.
SerVaas: You can soon see that if you eat enough fiber, then you won't have to work hard at keeping your weight down. It just happens naturally.
Stoddard: What is your weight right now?
Hope: My weight runs between 174 and 177.
Stoddard: Is that where it's been for quite a few years?
Hope: I watch it pretty carefully. Tonight it'll be maybe 175, because I didn't have lunch. Maybe a little more is good. I feel better when I am about 176.
SerVaas: You mean you feel better morale-wise?
Hope: Every way. I had a little stomach trouble a few weeks ago. After the doctor took my blood and everything, he said, "You should be in the Marines." That sends you out dancing, believe me.
SerVaas: The only thing I can say is that if you eat more fiber, you might not have that stomach trouble.
Hope: When you say fiber, I've got to let my cook play with that.
SerVaas: Yes, you really do. We're talking about lots of whole-wheat bread, potatoes, but mostly cereals.
Hope: Bran flakes, huh?
SerVaas: Right, and oats. There's a new Oat Bran out that will help keep you from getting hardening of the arteries. It really helps keep your cholesterol down. You'd have to eat five times as much oatmeal to do the same amount of good as one helping of Oat Bran as far as lowering your cholesterol.
Hope: I'm going to try a little of that. I like oatmeal and every once in a while I have Raisin Bran cereal.
SerVaas: That's good, but there's not much fiber in that. But All Bran has more fiber. I'm going to send you some Oat Bran. Do you take vitamins daily?
Hope: Yes. I bought a vitamin on Madison Avenue about 40 years ago, and I've been taking it ever since. It got so popular that the drug store over here put it in. And now they order it for everybody. They think it's some kind of a big secret.
SerVaas: Well, that secret is what we're looking for. I'm not telling tales out of school because he didn't say not to repeat it, but President Reagan told me his father-in-law told him to take a multivitamin every day. He looks great, like you do. And his father-in-law, who was a doctor, the late Dr. Loyal Davis, said just in case you're deficient in a mineral or something, take one every day. Well, do you take just one vitamin every day?
Hope: I take two vitamins every day. I don't take anything else.
SerVaas: Is it a multivitamin?
Hope: Yep. It's got everything. I'll show it to you. It's called Surbex T®.*
SerVaas: You never smoked cigarettes, did you?



Busy, high-powered builder Alex Spanos (below) would rather do the "gimme the old soft shoe" dance routine with Bob Hope than anything else. . .even building huge apartment complexes for which he became famous as one of the world's largest builders. His Los Angeles headquarters is shown above.

Hope taught Alex Spanos the soft-shoe dance steps one afternoon in an airport when Spanos couldn't get his plane out during the air-controllers' strike. This chance event resulted in their teaming up for a yearly benefit to raise funds for charity.

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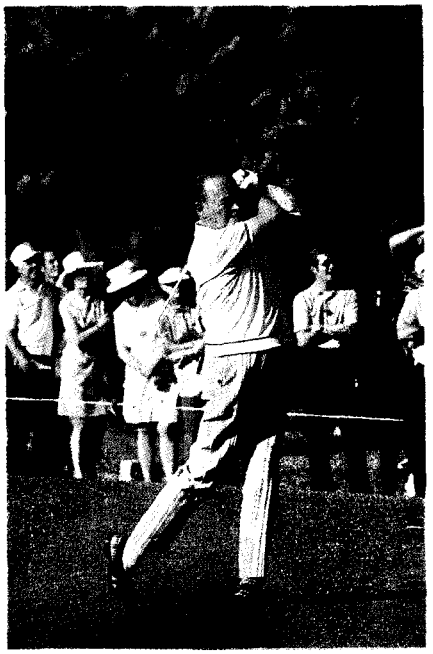
Hope: Yes, I did.
SerVaas: How long?
Hope: Oh, for too long. In fact, I used to go to a Dr. Deffing on 54th Street in New York. I'd wake up and I could hardly breathe. Used to sit around in clubs smoking, very society, you know. I used to go so he could open my throat to get me on stage, and finally, after a couple of years, he said to me, "I'm not going to be responsible for your throat any more." I asked why and he said, "Well, the way you are going you'll develop throat cancer."
SerVaas: You were lucky to have that doctor.
Hope: That's right.
SerVaas: It's a good thing you overdid.
Hope: That's right. Quentin Reynolds, I don't know if you remember him, the newspaper guy? Just had this horrible thing happen to him, and with my mother and father and everything, I just said, "Oops," and I haven't smoked since. And if my wife was here and you lit a cigarette, she'd say, "Would you please go outside?" She was the worst.
SerVaas: Smoker?
Hope: Yes. The only way we could get her to stop was for about six of us to bet her $100, like in August, that she couldn't stop until Christmas. She used to have a thing where a hat with any kind of a feather would shake. She had a little tremor like this, and then she had a nasal thing, and she would not stop smoking. I had stopped for ten years or something like that. She would not, and finally she made the bet. I think she really wanted to, but she needed just that little edge. She bet about $600 between all of us, and she collected the money and stopped smoking.
SerVaas: Those servicemen you entertained during World War II, Bob, the military gave them free cigarettes, and now they're all dying in the veterans hospitals.
Hope: Did you see where they wanted to take out the smoking on the short plane rides? Did you see that?
SerVaas: They have to do that. It's so miserable for people with handicapped lungs. They can't breathe in those plane cabins. People can do without smoking in church; why can't they on airlines?



Once a four-handicap golfer, Hope's face lights up when he talks about the course a few blocks from his home. He still maintains a respectable 20 handicap.

Hope: Last night I got on the plane in Phoenix to come back, and the pilot said, "You want to come up front with us?" and I said O.K. After we started, I went up front. He lit a cigarette. He didn't puff on it very long, but he lit it, and I talked to him for about 30 minutes, and he lit another one.
SerVaas: Perhaps you owe your longevity to good genes. How old were your parents when they died?
Hope: My grandfather lived within a month of 100. My mother didn't because she developed cancer, and my father lived a little while after that. He lived to be 70.
SerVaas: And your mother's cancer was where? What organ?
Hope: Down in the lower section.
SerVaas: All the more reason you should eat bran, because that helps keep you from getting cancer of the colon. It's an accepted medical fact.
Hope: Hers was the neglect of herself from taking care of seven kids. My brother had another thing where he should've gone in for an operation, and he neglected it and died from it.
SerVaas: What kind of operation would he have had?
Hope: A cancer problem. The doctor could have saved him, but he just neglected it and thought maybe God would take care of it or something, and he died.
Stoddard: You seem to be always full of fun and so on, but you must have some serious thoughts. You talk about the Man upstairs quite a bit; do you have a deep faith?
Hope: Yes, I think so.
SerVaas: Are you Catholic?

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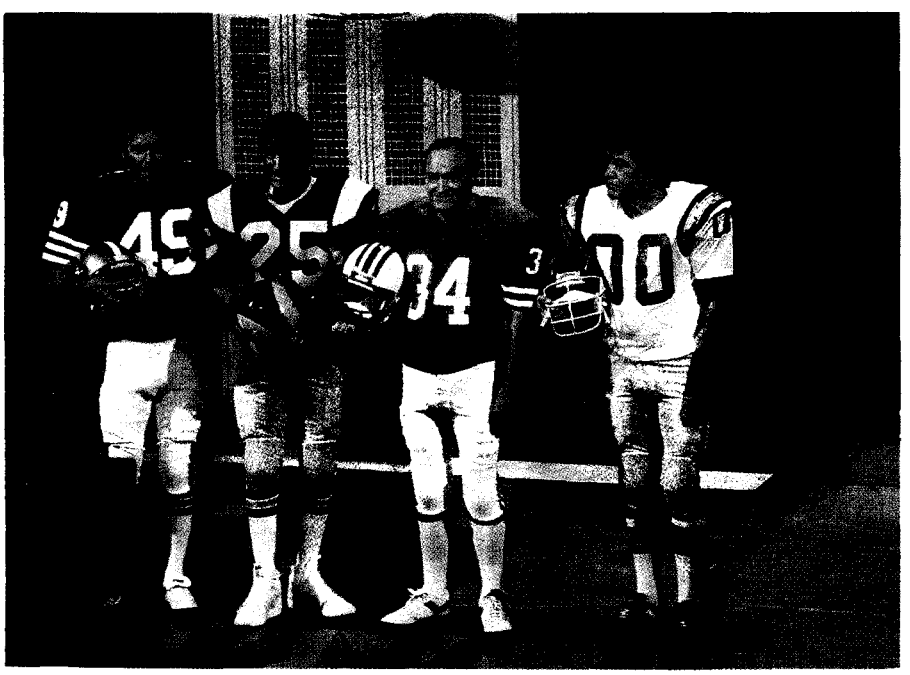

Although a Bob Hope special introduces the All-American football team each year, this isn't it. Rather, it's one of those hilarious skits that bring together such "gridiron greats" as Robert Wagner, Dean Martin and Robert Preston.

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THE CAR

The battle for the car threatened to tear the family apart, and there seemed to be no solution.

by Dorothy Thomas

Mrs. Joseph Barton woke at two minutes of seven and at once sat bolt upright in bed, like a woman who has set her mind and heart, like a clock, on waking at a certain time because she has something special planned.

Only moments later her husband woke and squinted sleepily at her where she stood, across the room from the bed, and said, "Say, am I seeing things, or are you going through my pockets?"

Mrs. Barton laughed and blushed a little. "I am," she said, "or I was, rather. These pants are going to the cleaner's. You said, 'Aw, I've already got them on,' the last time. Your stuff's right here." She dropped some coins, a key ring and a jackknife into a tray on the dresser. Some empty chewing-gum wrappers she tossed into the wastebasket.

"All right," Mr. Barton said. "I'm not wearing them anyhow. I'm wearing my golf pants. Don't you know what day this is? This is Sunday, Sally."

"No, son," Mr. Barton said. "This time she doesn't get the car, and Dick doesn't get it either."

"I know it," Mrs. Barton said, "and I'm glad it's here. It's a lovely day, too. Lovely." She swung up from a third "fingers-touch-toes" to pant the second "Lovely." Her cheeks were very pink. Mr. Barton would likely have remarked on her pink cheeks and her general good looks had he been watching her, but he had already shut his eyes again for a last 40 winks.

Dressed, Mrs. Barton went to her sons' room. It was a habit with her to look on the boys and on Sara Louise, too, before going down to get breakfast. They were both sleeping so soundly that they did not hear her: Dick with one hand resting, palm up, on the floor, like an idler in a boat, Sally thought, and Davie lying biasly in his wide bed, his lean, tanned arms and legs outflung, as though he might have been dropped from a height. Almost soundlessly Sally picked up some of their clothes and hung them in their wardrobe. She lowered the blind so that the sun would not shine on Dick's handsome forehead and went out quietly into her girl's room.

Sara Louise was sleeping curled in a ball, like a creature hibernated, her rather long, yellow bob making a blurred halo round her head on the pillow. All that she had had on the night before made a larger and still more indefinite halo round the place where she had stood for her 2 a.m. undressing.

As quietly as she had picked up her sons' clothes, Mrs. Barton gathered up Sara Louise' stockings, panties, slip, shoes, dress and pocketbook. It was the click of the pocketbook fastener that woke Sara Louise and made her say without opening her eyes, "That you, mother? Will you turn off the light, please? It's right in my eyes."

"It's not the light, dear, it's the sun. I'll draw the blind."

"Um, thanks," Sara Louise murmured, and she curled, the ball she

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was, a little tighter.

Mrs. Barton went downstairs and out to the kitchen. "I'll make waffles," she said, and she brought the crock she used for waffle batter from the pantry and eggs and milk from the refrigerator. While she worked she hummed.

She spread a cloth and set five places in the breakfast porch. Waffles were best, of course, straight from the waffle iron, but Davie, who ate most, was grateful for numbers and was always pleased when he came down to find three or four baked and ready for him. When she had three waffles made, she began to call the family to wake up and to get downstairs. "Breakfast!" she shouted. "Waffles!"

They would know it was first come, first served. Mr. Barton was first. "Well, Sally, waffles?" he said.

"Yes," Mrs. Barton replied. "Will you have some of Davie's, or will you wait for the next one? It's all but ready."

"I'll wait, my dear. Did you bring in the paper? Ah!" Mr. Barton saw that Sally had brought in the paper and put it by his plate. He was highly pleased with himself to be up before either of the boys; to have the paper, fresh and unfolded, before family hand had touched it.

"Here's your waffle, Joe," Sally Barton said. "Will you have syrup or honey? There's jelly, too."

"Ah," Mr. Barton said again, and he slipped the paper under the table. There it should lie, on the knees of the god of the house, until such time as, full of waffles, he should be ready to read it. He smiled up at his wife as she poured his coffee. "You know, I want to get out there," he confided. "When Sunday comes, I'm like a kid; can't wait to get my putter in my hands."

"It's a lovely day," Mrs. Barton said once more. "Here's another waffle."

Davie was next down. "Morning, mother. Morning, dad," he said with that deference that comes on a 16-year-old when he has something to ask for, something he wants much.

"Here're your waffles, Davie," his mother said. "Four."

"That'll do fine to start on," Davie said, and he grinned up at her. "You sure sling a wicked waffle, mom."

"Thank you," Mrs. Barton said. "Is Dick up?"

"I don't know."

"Is he awake?"

"I don't know; kinda, I guess."

"How does it come you don't know?" his father asked. "Isn't he up there?"

"Sure, he's up there," Davie said, "but he can't see me; why should I see him?"

"What are you talking about?" his father asked. "Why can't Dick see you? Is something wrong with him?"

"Far as I'm concerned there is," Davie answered. "So long as he can't see me."

Mr. Barton looked up at his wife as though to ask what kind of sons she'd raised for him, anyway.

"He means Dick is feeling his age," Mrs. Barton explained gently, "and the gulf there is fixed between 16 and 20."

"Um," Mr. Barton said in his throat, in the way he had when he was ready to have them consider a question closed, and he took the paper from under the table. The first waffle eaten, he was ready to divide his attention between others and the Sunday morning's news.

"He gives me a pain," Davie said, and they knew he spoke of his brother and not his father.

"Well, never mind, dear," Mrs. Barton said. "Just a moment and there'll be another waffle . . . . Oh, good morning, Richard."

Dick came in dressed in an old pair of coveralls, open at the neck. "Good morning, mother. Good morning, dad," he said, and he sat down across from Davie.

"And good morning, Davie," his mother said. Dick looked across the table at Davie and said, as though he were ready to do most anything to please his mother on such a lovely morning, "Good morning, Davie."

Davie ducked him a drawn-mouthed bow.

"Let's have the sports section, dad," Dick said, and he reached for the paper.

"I'll take the funnies," Davie echoed.

"Well, now, here," Mr. Barton said. "You boys just wait a little, and you can have the whole paper. You eat your breakfast first."

"What're you so dolled up about?" Davie asked Dick, in the silence made heavy with Dick's resentment.

"None of your beeswax," Dick said.

Mrs. Barton laughed. "Why, we used to say that when we were children," she said pleasantly. " 'None of your beeswax.' Where'd you ever get it, son? I've not heard that in years. What would you think, Davie? My guess would be that Dick is going to wash the car."

"Right," said Dick.

"I thought you'd be wanting to wash it, and so I backed it out," Mrs. Barton said. "It's out by the hydrant and ready."

"That's mighty nice of you, mother," Dick said. "Thanks. Got another of those waffles ready?"

"Dad," Davie said, "I wanta ask you something."

"Eh, what, son?" Mr. Barton said, and he looked round the paper. He was holding the whole of it in his two hands before him. It was awkward to hold it so, but he would hardly have had the face to lay the sports section and the funnies down on the table beside him or on his knees, having denied them to his sons.

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"Ya," Davie said as he choked down a large, syrup-laden bite, "wouldn't you think, if a fellow had had the car just once, just one Sunday, and then just for a measly little old two hours, he could have it again, for a day like this, for today? Can I have the car, dad?"

Mr. Barton began to fold the paper, section by section, and to lay the sections beside his plate and press the folds down with the palms of his hands. "Well, I'll tell you, son," he said, but his older boy interrupted him. "Some Sunday, likely you may," he said to Davie, "but I'd suggest you wait until you know a little more about driving a car before you—"

Sara Louise had come through the kitchen and onto the sunny breakfast porch that might, had Mrs. Barton been a less imaginatively gifted woman, have been a plain back porch. It was necessary for Dick to get up so that she could get past him to her place. She kept him waiting while she opened the screen door and reached up for a morning-glory bloom and slipped it behind her ear. "What's this about the car?" she asked when she was seated.

"Here," her father said, "you take this waffle, Sara Louise; I've had plenty, plenty."

"I was just explaining to Davie here, when you made your entrance," Dick said in a tone not quite free of brotherly irony, "the reason he can't have the car today, for the second Sunday in his licensed driving life."

"Oh," Sara Louise said coolly, "that's interesting, but I scarcely see how you could have, not knowing. Honey, please, dad.

"I'm sorry, Davie. Maybe you can have the car next Sunday, or Sunday after next, if you can talk Dick into giving up his turn. Today I have to have it."

"No, you don't," Dick said positively.

"Oh, but I do!" Sara Louise said to him, over the rim of her coffee cup. "I have a date, a picnic date, and I'll need the car for the entire day . . . . You know, I told you, father, Tuesday afternoon, that I should need the car all day today."

"Where are you going, daughter?" Mrs. Barton asked. "Are you ready for a waffle, Dick?"

"The Falls," Sara Louise answered. "I forgot to tell you, mother, I said I'd take lunch, a picnic lunch.

"Davie, have you found the stopper to the vacuum jug yet? . . . Mother, I don't think you ought to let Davie take the vacuum, if he's going to lose—"

"Now, here, just a minute, sister," Dick said. "Let's get this straight. If you're going on a picnic to the Falls, you'd better call that guy, whoever he is, and tell him you're sorry, but if he's going with you he'll have to come across with the whitherwithal, because it just happens you don't have the car for today. I'm using the car. I'm going out and washing it, right after breakfast, and then at two o'clock this afternoon I'm going to be needing it and I'm going to be using it. You'd better phone your date, if you think he's up, as soon as you get away with that waffle. I have a date, myself, and I served notice, no later than Wednesday noon, that I'd be needing the car this Sunday, as mother, here, will verify."

"Wednesday, noon," Sara Louise mocked. "You're late . . . . Isn't he, father? . . . You're too late. In fact, you've missed the boat. I spoke for the car for this Sunday, Tuesday afternoon, didn't I, dad?"

"Is this waffle to go begging?" Mrs. Barton asked.

"Nope," Davie said. "Give 'er here! That's the way it is; that's the way it goes; other families, other kids, but not in this house. All the time, before I could drive, before I got my license, it was, 'Now you wait, Davie; a few months and your turn will come,' but that was just hooey. Now I got my license and does it make any difference? Now it's just—" His voice trailed off in despair.

"Mother," Mr. Barton said, his hand firm on the folded paper, "have you, by any chance, set your heart on having the car for today, along with these three children?"

"Why, no, Joe," Mrs. Barton said. "No, I haven't. I don't want the car. I thought—I decided last night that if today was a lovely day, like it looked like it was going to be, I'd go for a walk, a good, long walk. No, I don't need the car; I don't want it."

"Well," Mr. Barton said as he doubled his fist and brought it down on the folded paper, "that's fine! That's good! I'm glad, Sally, that you don't want the car and haven't counted on it, for that makes just three people who'll have to be disappointed instead of four, and I'd hate to disappoint you anyway, being you so seldom ask for the car, for I need the car and I have to have it myself. I've made plans."

Sara Louise set down her coffee cup that she had been sipping from while she held it in both her slender hands and looked at her father with a smile she'd had good reason to count on all her 19 years. "That's all right, daddy," she said. "You want to go out to the club, don't you? You want to play golf? Well, I can take you out. I can take you out just as well as not; drop you out there. It won't be but a little out of my way . . . . Mother, may I have that chicken that's in the icebox? There's not enough for the family and I—"

"I was going to make chicken sandwiches for supper," Mrs. Barton said, "but never mind. You take it, Sara Louise."

"Well, I like that," Davie cried. "What's the idea? She gets the car and she gets—"

"No, son," Mr. Barton said. "This time she doesn't get the car, and Dick doesn't get it either. Didn't you hear me say, Sara Louise, 'I have to have it'? I've made plans."

"But good night, dad," Dick said. "I've got this date! I've had it since Wednesday. You can't wait until the last minute and call a girl up and tell her you can't take her. You can't—"

"That's what I was trying to tell you," Sara Louise cried. "I've had this date since Tuesday morning! I met Lyle downtown and—"

"Oh, for crying out loud!" Davie howled. "Are you going with him? . . . Mamma, don't you let her have that chicken. She's got a date with that old Lyle! . . . Sis, what do you want to go with him for?"

"What's wrong with him?" Sara Louise countered.

"Nothin'; he's just nuts, that's all."

"I tell you, dad, I have this date," Dick said again. "I simply have to have the car. I'll go out and wash it now."

"Sally," Mr. Barton appealed to his wife, "you know how it is. Every Sunday—yes, every Sunday this

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summer, and all but a couple, if I'm not mistaken, last summer, when I wanted to play golf, I had to make arrangements for someone to stop by for me, for someone to pick me up; and not once did I have the car, I tell you, not once, this summer long!"

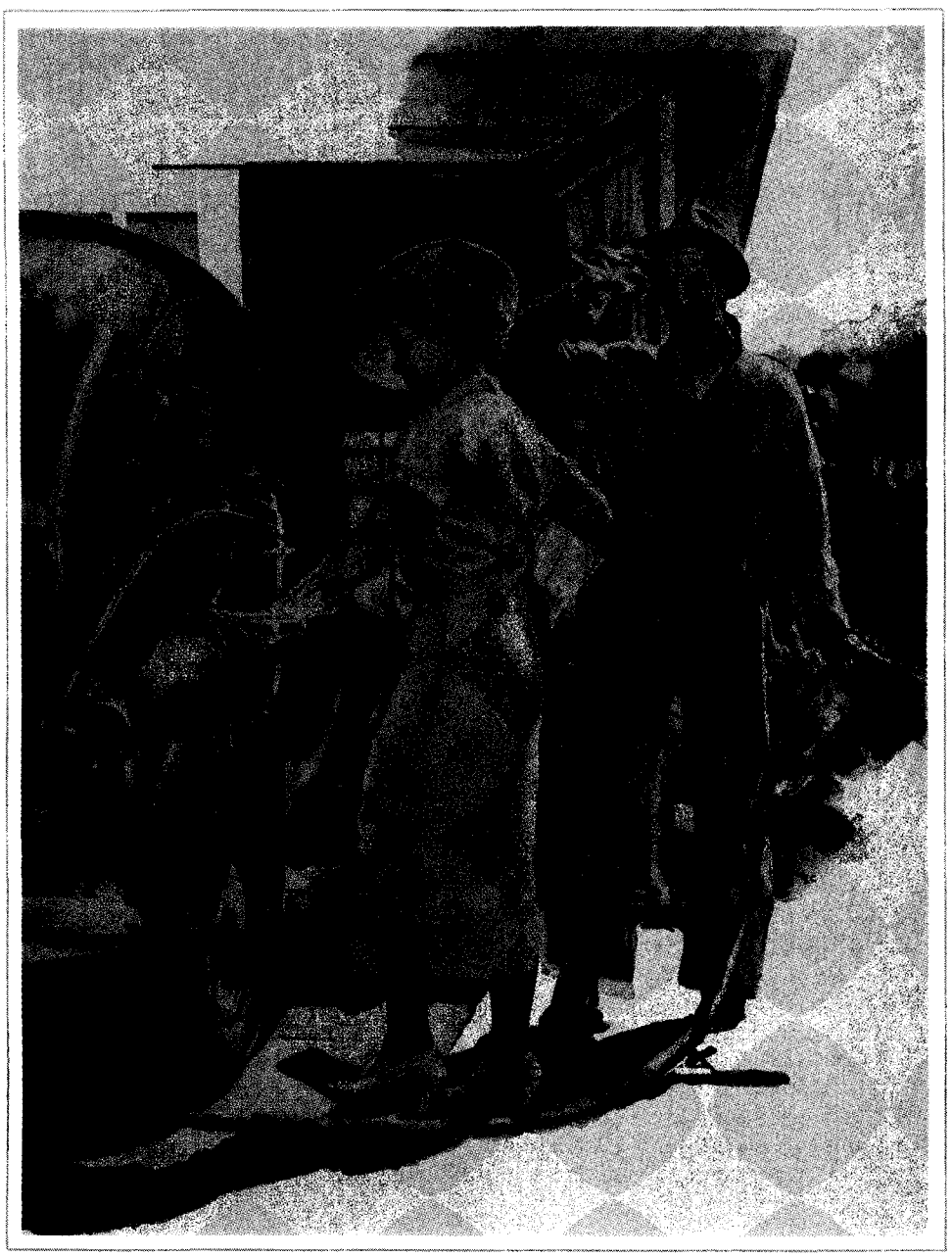
"It's only the third week in June, dear," Mrs. Barton said sweetly. "Maybe—"

" 'Maybe,' that's it!" Mr. Barton said. "I tell you, things are wrong, all wrong. You kids, all kids, just live in a world of their own and think the world turns round them. You don't a one of you, ever, give one thought to the happiness, to the personal happiness of your elders, your parents. While we—why, look what we do! That's a fact! I've not had that car once, not one Sunday, since it thawed."

"Gosh, dad," Davie said, in honest admiration, "you been going to lectures or something?"

"But, daddy, I told you," Sara Louise said. "I'll take you out, and there'll be someone there you can ride in with, and next Sunday—"

"It's going to be this Sunday!" Mr. Barton yelled. "This Sunday! I got tired, I got ashamed, of having to beg and borrow rides. Yesterday I asked two friends, Blaine and Morrow, to drive out with me; to drive out in my car—my car, do you get me, my car!" Mr. Barton rolled the folded newspaper and struck it smartly on the edges of the table.



"Mom made the down payment," Davie said irrelevantly.

"That's right; that's right," Mr. Barton said more quietly. "That's right, she did. 'Twas her money, and it was a mighty fine thing for her to do. She did it for us; she did it for you children; and how much do you repay her for it? How much does she get to use the car? You see, you just think of yourselves. You just—"

"I don't want the car, Joe," Mrs. Barton said. "I told you I'm going for a walk. I think I'll put a couple of sandwiches in a bag, and an apple, and not come home for lunch, just walk and walk. I planned it last night. You know, Joe, I was thinking of how, when they were little, that summer before we got our first car, how we used to take them all for a walk, and you'd pick Sara Louise up and carry her when she got tired."

"And I bet that was darn soon," Dick said. "Now, dad, I see how you're fixed, and I'll take you out there just as soon as I get the car washed. You can stop by for those guys. Where's Blaine live—clear out on Westwood Avenue, isn't it? Who's this Morrow?" Dick's tone was kindly, soothing, agreeable but final.

Sara Louise got up from her place; she turned her face from her father so that he could see only the line of her cheek and the morning-glory that had begun to droop. "It seems to have asked for the car, to have spoken for it first, and a reasonable time ahead of time, means nothing, nothing! I don't know what he'll think of me. I suppose it means nothing to you, dad, to see me have to humiliate myself, call a man and break an engagement at the last moment."

"Whata you mean—man?" Davie cried, unmoved. "You call him a man? That sap?"

"Well, here," Mr. Barton said. "Take the car! How much fun do you think I'd get out of using it, to go off and leave a feeling like this at home, behind me? I'll call Blaine; I'll call Morrow. I'll go

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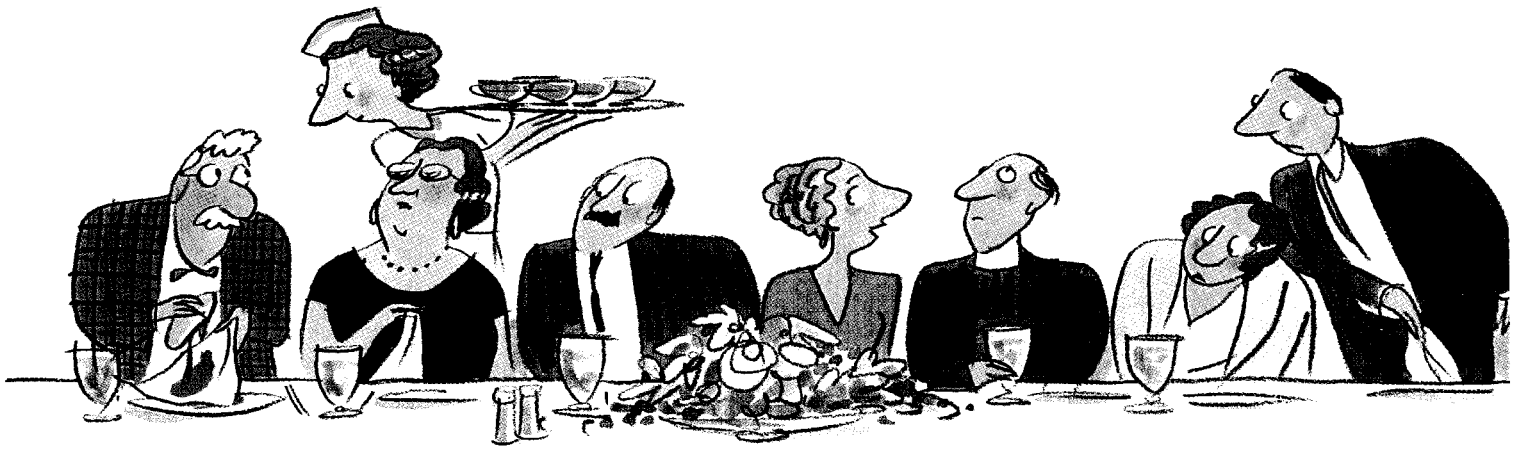

HOW OUR DOG TAUGHT ME TO FETCH

It took Pavlov's dogs months to begin drooling when they expected food, but Brutus was slobbering all over his master's briefcase in only three days.

by Maynard Good Stoddard

Illustrated by Don Trawin

It began when our local supermarket ran a ten-minute special on chicken parts while my thrifty little wife happened to be doing her daily grocery shopping. She of course loaded her cart with enough chicken parts to give every sailor and marine on the battleship *New Jersey* a late-night snack. This resulted in my being force-fed chicken parts under every possible disguise —minced, diced, pressed, ragouted, soufflé, casseroled, you name it. And for the next four days straight, guess what my thrifty little wife brown-bagged for my lunch. You've got it.

Now meet Brutus, our wolf in dog's clothing. Brutus is half Great Dane, half Russian wolfhound and half Siberian Husky. In other words, a big dog. We acquired this beast for the small sum of $12,000, which we had given our daughter Shari to purchase a B.A. in fine arts at the University of Michigan. In return, she had left Brutus with us, including all rights and privileges, until she graduated. Four years later we rented a U-Haul trailer and took Brutus with us to her graduation. But somehow in the confusion she forgot to claim him. And somehow still hasn't.

Brutus is now 9 (or about 63 for you and me), an age when most dogs are ready to let the squirrels have the walnuts and the cat walk for the sandbox without detouring up a tree. An age when most dogs are content to lie by the fire or the air conditioner and meditate on memories of the sassy little Chihuahua that lived across the street and those happy mornings when they closed the front door and left the master outside in his pajamas looking for the paper. And with their appetites on the wane, most dogs of this vintage no longer knock over the garbage pail looking for tidbits or continue to scout the neighborhood in hopes of bringing down a moose. But this isn't Brutus.

Brutus has this thing about retirement. Under the pretext of catching moles, he still works long hours digging up the garden to save me the trouble of hoeing. And no matter how we protest that we'd rather do it ourselves, he insists on mulching our lawn with organic matter leaning heavily on bones, sparrow carcasses and choice bits from the trash burner. He has even gone into the next county to drag home a cow's skull and mount it in the rock garden off the back porch. His efforts also include protecting our home from visitors by placing both front paws on their shoulders and trying to slobber them to death.

To keep up this pace requires him, of course, to keep up his strength. Which in turn requires him to keep up his appetite. And when Brutus' appetite is up, dry dog food is like peanuts to him, and after a large can of Alpo he will look at you as if he's just had his *hôrs d'oeuvres*, bring on the entrée.

Now, if I'm not too late, let me insert a warning right here: If you bring your dog chicken bones for four days straight and think you can come home barehanded on the fifth day with impunity, forget it. Unless, that is, you have a soul encrusted to the point where you can look into a pair of brown eyes large enough to serve as cable-TV dishes and say, "Sorry, boy, no chicken bones tonight."

Even if my tender nature had survived this, I'm a pushover when it comes to a dog drooling on my brief case. And then he began his rollover trick as soon as he let me into the house. When this didn't produce

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the chicken, he resorted to his fail-proof gig of bringing the so-called master his slippers. By this time I was trying to hide behind the evening paper. But there's no reading the paper with that long, black nose ramming up under it and those cable-TV dishes staring you right in the face.

Removing my slippers, I put on my shoes, picked up my brief case, drove to the nearest Kentucky Fried Chicken and pretended to arrive home from work a second time.

You might think that anyone as smart as I am would have learned his lesson, wouldn't you? . . . I say, wouldn't you? Never mind. That Saturday night, however, I compounded my mistake by bringing home a doggie bag containing two steak bones from our night out at Ponderosa. By the quaint way he had of attacking me before attacking them, he let me know that the concept of the doggie bag belongs right up there with the fire hydrant and the yew tree. And the reason I dreamed of being swallowed by Jaws that night wouldn't have taken Freud five seconds to interpret.

For our next gastronomic foray out, my wife chose a Chinese restaurant. Instead of standing firm and overruling her, as I've often thought of doing, I stood soft and went along, as usual. Not that I'm allergic to Chinese food—their cuisine just isn't noted for doggie leftovers. This didn't occur to me again until we came home. Until Brutus met us at the door, to be exact, eyes aglow, tail awag, mouth adrool.

Reaching up and patting him on the head, I patiently explained that it wasn't feasible to fetch home a doggie bag *every* time we went out. I told him there would also be days when business luncheons would preclude my brown-bagging the bones from chicken parts. I even tried to get his feet off my shoulders by opening a can of his favorite cat food. Many a morning we'd seen him nose the cat halfway across the kitchen and beat her back to her dish before he turned to his own rations. Not tonight; no way. Who ever heard of a dog eating cat food!

So, with those accusing brown cable-TV dishes burning into mine as if I'd just signed an agreement to have him sterilized at dawn the next day, on went my shoes, my coat, the ignition, and it was off to ye olde White Tower hamburger shoppe for four with everything but pickles. "A dog that won't eat pickles can't be very hungry," I had once reasoned with Brutus, nearly losing my hand trying to retrieve one he hadn't touched.

The United Way victory dinner the following week was not enjoyed by one and all. One was nearly finished when he realized the committee had not taken Brutus into consideration when planning the menu. So one had tried to act the slob (not a particularly difficult role) by sopping up some gravy with a hard roll and surreptitiously slipping it into his napkin and thence into his pocket. But there is always some nosy dame at these functions who has nothing better to do than look around to see who might be sopping up gravy with a hard roll etc. So there went that.

"You go in," I said to Lois as we approached the front door empty-handed, or doggie bagless, to be precise, "and let me in through the bedroom window. Maybe Brutus will think I've been mugged and taken to the hospital." Which might have been the easy way out, at that.

Many things could be said about Brutus' whine, but No. 1 among the things, it's pervasive. It can pervase the kitchen door, the bedroom door, the bed covers and a pillow. Thus, around 2 a.m. I removed the pillow and the covers from my head, climbed out of bed, put on my clothes, pushed the car into the street and drove to the chicken place. The chicken place was closed. An hour later I found an all-night Steak 'n Shake. The hamburgers looked so good I ordered one for myself. Then I made the mistake of going into the house before eating mine. And there went that.

At least I learned my lesson.

Tonight Lois walked over to the theater, only three blocks away. But I took the scenic eight-block route past Pizza Hut to pick up a slab of pepperoni for Brutus. From the craning of necks, its aroma smelled up the theater at least six seats in back, in front and on each side of us. But turning 20 or 30 heads in a darkened theater sure beats driving 30 or 40 blocks in the dark of night and looking for a late-late snack for a big-big dog who by that time is in no mood for excuses.

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Diver Wendy Wyland receives reassurance and advice from coach O'Brien during practice at the Mission Viejo swimming and diving training facility.

OLYMPIC HOPEFULS IN FOCUS

Before hundreds of cameras capture the action of Olympians shooting for gold in L.A., photographer Walter Iooss, Jr., turns his lens on athletes he believes may win.

by Frederic W. Rosen

Today the street in front of the 1932 Olympic village sports an odd mix of expensive Porsches and Audis, owned by USC students, and battered pickups and old sofas that bake on the edges of sun-drenched lawns in midday. The area is not what it used to be. The Swiss-style chalets, uncommon to Southern California, are now in disrepair, but in their prime 52 years ago, they housed such athletes as Eleanor Holm, Babe Didrikson, Buster Crabbe and other Olympic contestants from around the world come in quest of Olympic gold.

Holm, Didrikson and other Americans won the gold—Holm for the

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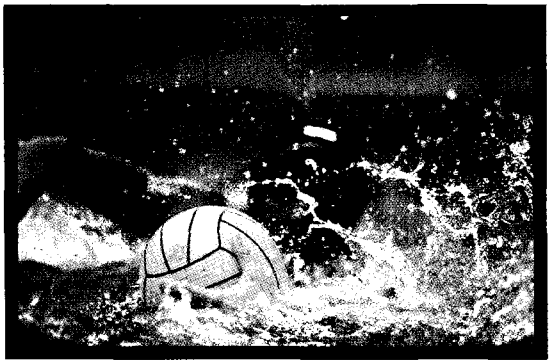
100-meter backstroke, Didrikson for the javelin throw and the 80-meter hurdles. But it was Crabbe who had the most dramatic victory, in the 400-meter swimming freestyle, as reporter Arthur J. Daley described it in the *New York Times* on August 11, 1932:

"Crabbe was behind for most of the race, trailing Frenchman Jean Taris, until the last 100 meters. When Taris and Crabbe made their turn and headed for the last 100 meters, things began to change.

"The cheers of the crowd of 10,000 grew deafening in its proportions. Crabbe was still a few yards behind Taris, racing to the finish. Johnny Weissmuller, an Olympic champion himself in 1928, could scarcely contain himself in his front-row seat. He leaped over the fence and rushed over to the side of the pool for a clearer view of the race.

"Three yards away from the dull, white concrete wall, Taris and Crabbe were absolutely abreast. Judges stood crouching over the finish line, waiting eagerly for the first hand to touch. It was Crabbe's. A powerful push with his brawny, right arm and his left hand stopped against the wall, a scant tenth of a second before Taris' fingers touched. Crabbe had not even regained his breath before he shouted to a friend in the stands, 'Now for the 1500 meters!' " Crabbe didn't win that event, but he did go on to a successful career in motion pictures.



Kevin Robertson makes a splash in water-polo competition at the Pan-Am Games, where the aim seems to be to drown one's opponents.

They are all gone now, Crabbe, Didrikson and Holm, and a new crop of Olympians will be trying to fill their shoes at the 1984 Summer Olympics, which begin in Los Angeles in July. Following their progress for the past two years has been the job of Walter Iooss, Jr.

Iooss, considered one of the three best sports photographers in America, has been documenting the training of the 1984 summer Olympians, and it's more than just a full-time job. His assignment has taken him

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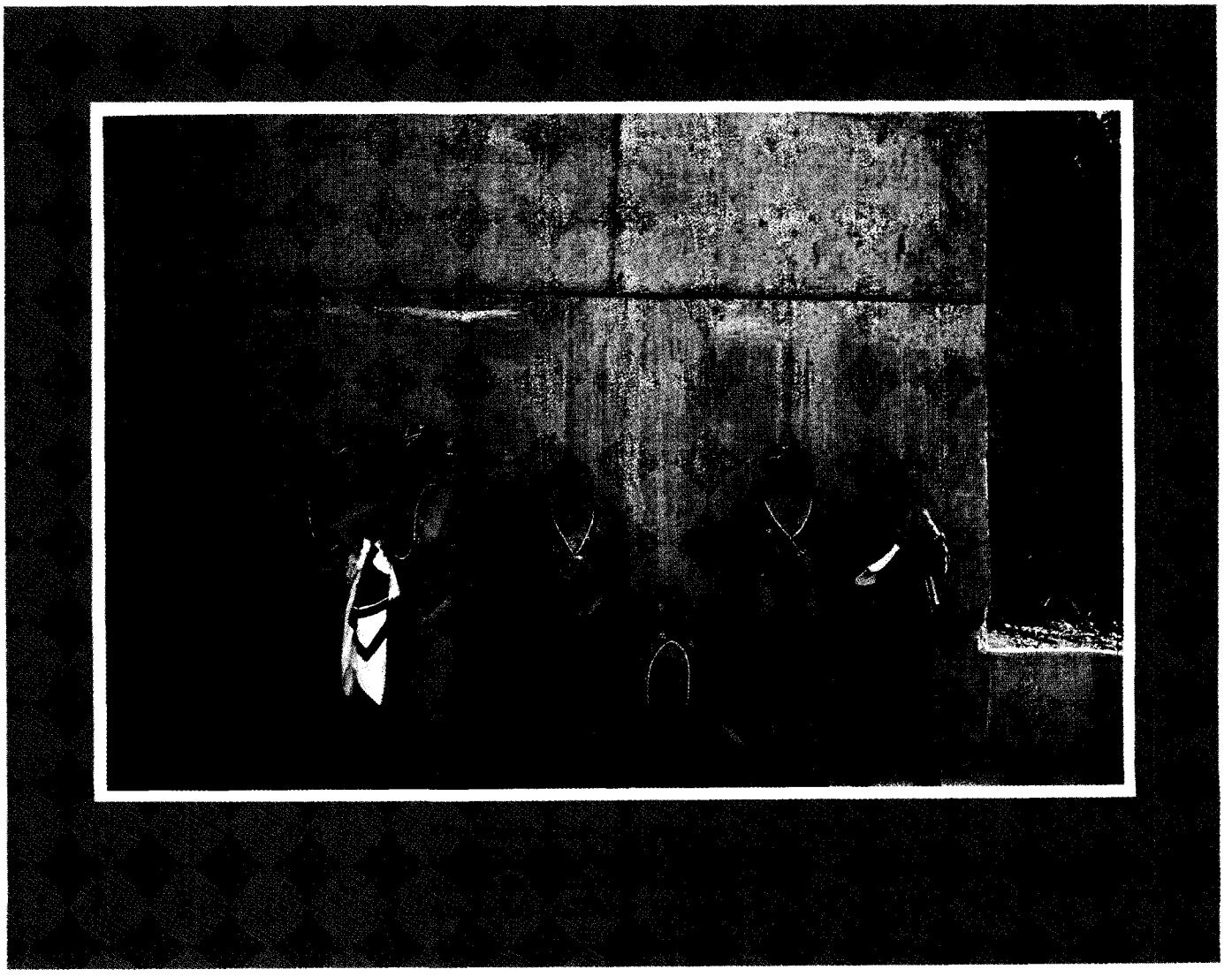
Cyclist Nelson Vails usually trains at the U.S. Olympic Training Center, a converted army barracks in Colorado Springs. But nothing is quite like New York City traffic for competition, as he learned when working for a messenger service.

to some pretty dangerous places, such as the middle of rush-hour traffic in midtown Manhattan, and to exotic destinations such as Caracas, Venezuela, where many Olympic hopefuls showed their mettle at the Pan-Am games.

Iooss has shadowed athletes in Indianapolis, at training facilities in Colorado Springs, Colorado, and Mission Viejo, California, and in smaller towns and communities across the country, the names of which he can't keep straight. He has taken his camera underwater, on high-dive platforms and into sand pits. He's been soaked in rain storms and he's haunted endless numbers of locker rooms. What he has been looking for are those snatches from athletes' lives that Olympic viewers, whether they watch from the bleachers or at home on television, will likely never see, for the instant passes too quickly.

Deciding which athletes are the



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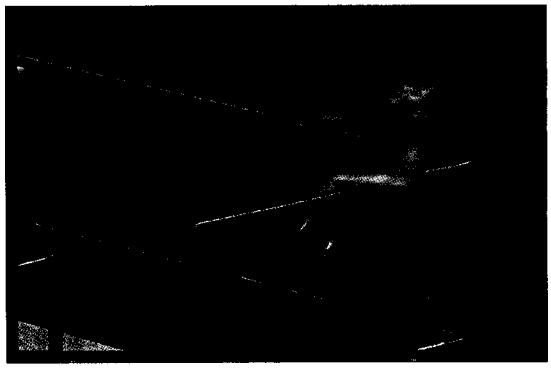
best candidates to shoot has been "like putting together a jigsaw puzzle," says Iooss.

About ten athletes, such as Carl Lewis, the long-jumper, and Alberto Salazar, the marathon runner, were obvious choices because they consistently win. "Then, I read every article I can about sports, to find out who's the best in each, so I can go out and 'shoot' them," he says. "I got a lot done at the Pan-Am games last year.

"Many of the top athletes competing in the Olympics competed at the Pan-Am games. I got a chance to shoot sports I wasn't so familiar with, like field hockey and pistol shooting. In fact, I was able to get so close to many of the participants, I didn't have to use any extra-long lenses, which are necessary when you can't position yourself close to your subject."



High divers spend much of their time looking down on other competitors, but not Greg Louganis. He concentrates before jumping into his next dive.

Iooss believes the 1984 Olympics, like the 1932 games, will derive much drama from the competitors in the aquatic events. He finds diving the most beautiful. He has spent many hours photographing the swimmers and divers at the Olympic training facility at Mission Viejo, where swimmers such as Dara Torres are in training.

"I developed a rapport with Dara when I began shooting her during the warm-up period. She and the other swimmers were going through stretching exercises, and I kept shooting. At first, she thought I was a pervert with a camera," he says laughing.

"She saw me again during another time I was out at the Mission shooting. Meanwhile, I developed a working relationship with Coach Shubert, the swimming coach. He told me, 'Come any time you want to shoot.' So I did, but next time, I got into scuba gear, took an underwater camera and got into the pool. Then after practice I had Dara and Tiffany Cohen, another world-class

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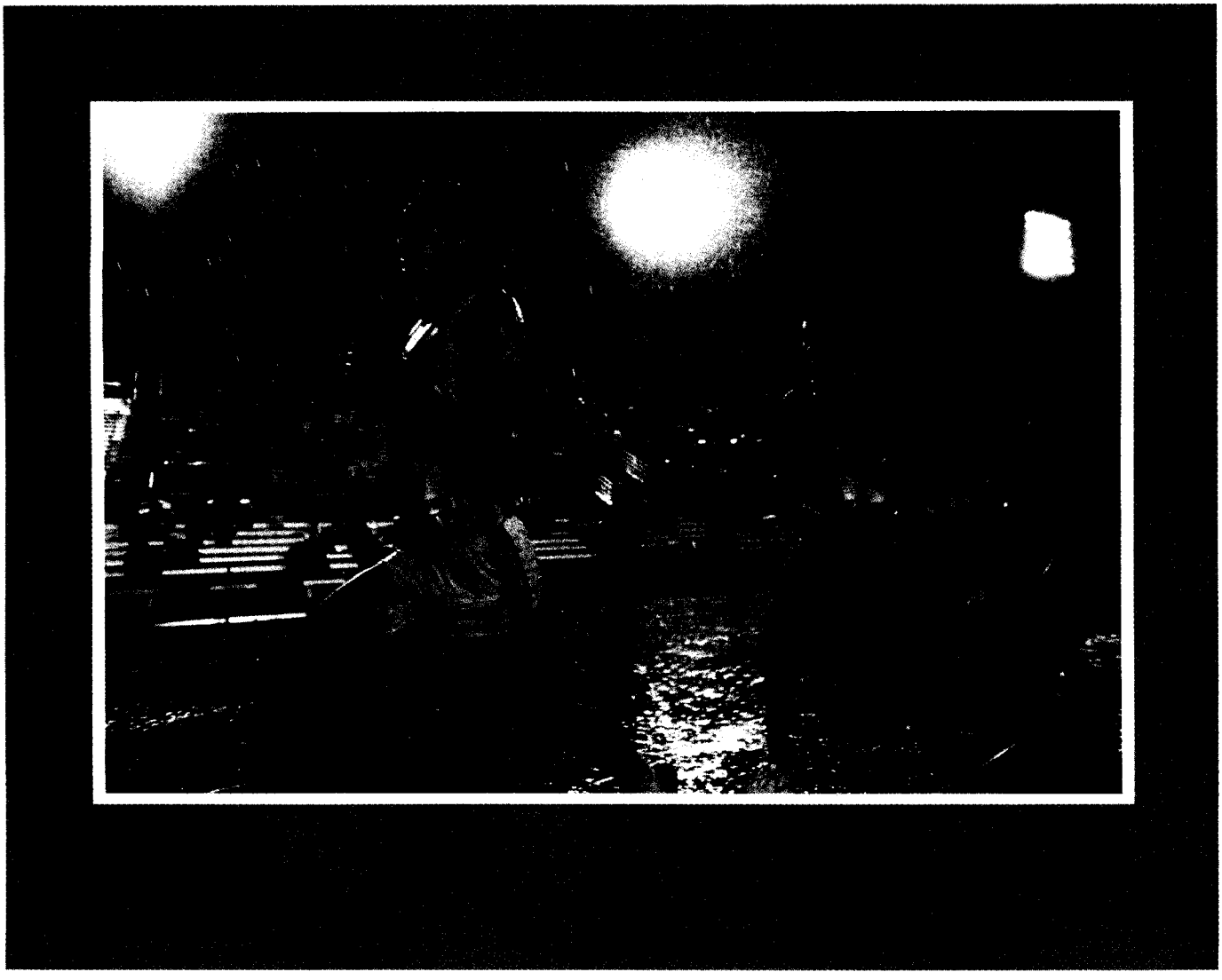

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One of Universal Studios' fleet of 15 "Super-Tram" people movers, its capacity load 175, prepares to move visitors on their 2½-hour tour of the front and back lots.

420 ACRES OF MAKE-BELIEVE

Getting into Universal Studios' back lot to see how movies are made is no longer a problem. The problem is surviving the "hazards" of the tour.

by Maynard Good Stoddard

"That is one of the oldest structures in the complex," says Al, the public-relations representative. "It was built around 1914 and used in many silent movies like the Tom Mix westerns."

We look at the sagging timbers and weatherbeaten sides of a wooden bridge spanning the flooded gorge. "Is it still usable?"

"Oh, no!"

"I'd sure like to try it," ventures Walt, our driver. "I wouldn't take a tram across, but in this van I'll bet we can make it." He shifts into low gear.

"No, no," yells Bruce, our tour guide. "Remember the memo that came out just yesterday warning us about it?"

"I wasn't here yesterday."

"Trust me, there was a memo...."

"I think we can do it." And Walt gives 'er the gun as we begin the approach to this wreck of a bridge. What's the matter with the guy! Can't he see that one of the supporting timbers just fell into the water! Can't he see the pale gills of the passenger he is supposed to be entertaining! "See, it's as solid as the Rock of Gibral . . . "

Too late! The surrounding California mountains reverberate with screams of terror—our own. Our van suddenly drops through the bridge flooring. Then it pitches precariously to the right, eliciting another round of frenzied yelps, after which the bridge returns to normal, the van rights itself, the driver and guides fall into fits of laughter and our pulses return to almost normal.

Welcome to Universal Studios' Tours.

Once upon a time, as stories go, you had to know somebody who *was* somebody to get backstage in Hollywood. Not today. Not at Universal Studios, anyway. Its 420-acre back lot is open to the public and has been for the last 20 years. This year more than 3 million out-of-towners and international visitors will pay $11.50 ($8.50 for children 3 to 11) to see how and where movies are made. This makes Universal Studio Tours the fourth-largest man-made tourist attraction in the world.

Why is Universal the big draw? "Because we are the only game in town," says Herb Steinberg, vice president of marketing and public relations. "The only game anywhere."

Doesn't it disillusion movie fans to see what really happens behind the scenes? "We have developed a high degree of sophistication," Steinberg replies, "in being able to reveal all the secrets, what we do, how we do it, show all the tricks. And it hasn't hurt us a bit—it just piques a moviegoer's curiosity that much more."

The tours began on March 15, 1915, when Carl Laemmle opened a movie studio on a converted chicken ranch. With an eye for turning an extra buck, he began inviting visitors to the studio, charging them 25 cents for the first Universal tour. This included a box lunch which the patrons could eat while sitting in the bleachers watching the making of a

The European area, a network of streets, squares and buildings, easily represents any place in Europe by a redressing of the buildings and the hanging of signs in appropriate languages.

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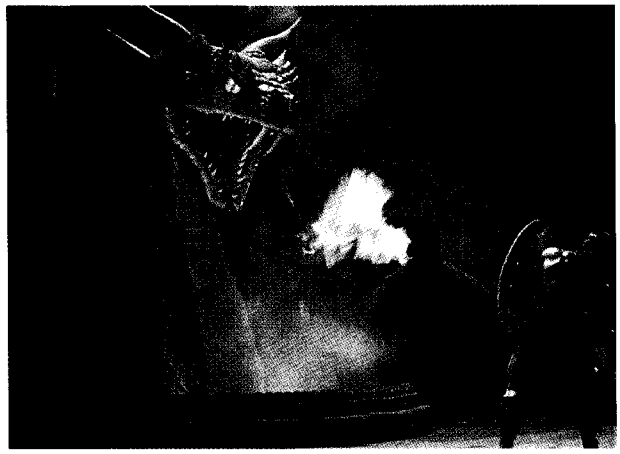
silent film, cheering the hero and jeering the villain. Laemmle sold eggs to the spectators as they left.

If any eggs are being laid on the back lot today, we didn't see them. And lunch is extra. But come with us and the other 25,000 who pour through Universal's gates each day to spend some five hours getting the lowdown on the intriguing world of make believe. You still won't believe it. (Not even the parting of the Red Sea—right before your eyes. Or with Jaws practically in your lap.) Be warned, however, before finding a comfortable seat on one of the trams: If you try to take in all of the more than 500 outdoor sets and facades that you will recognize from classic movies and television shows, you may finish the tour slightly cockeyed.

Our tour guides do their best to keep our hearts from settling down to their normal pace. Al does most of the talking. Walt and Bruce come in mainly for the kill.

"Here the men are doing construction work on 'downtown New York City.' Over there is where they shot the original *Phantom of the Opera* with Lon Chaney. And that is 'Chicago,' background for *The Sting*. At the beginning—where Robert Redford is looking out the window—that's the circular window up there. There's not a complete building in the bunch—they're all shells and facades. You'll notice the street lights are on little platforms and that cords run from them. Plug them in, turn them on and when you're through you just pick them up and take them away. You'll also notice, as we turn around here, that none of the streets end abruptly. They either curve off or feed into another street, making the area look a lot larger than it really is.



"The Adventures of Conan," Universal's $4.4 million sword and sorcery show, features the special effects of dazzling lasers, scorching fireballs, a man turned to stone and a fire-breathing dragon.

"The latest film shot here called *Streets of Fire* will be released this summer. It's a future fantasy with most of the scenes taking place at night. So what they did was put a tarpaulin over the whole area—you can still see it around at the tops of those buildings—and shot the nighttime scenes during the day.

"Now look at the doors on the building to the right. They have been scaled down to seven-eighths normal size so that an actor walking out will look much taller than he is. In the western area you'll see a set with huge doors that make a woman appear smaller. Back there is the carpentry department where they make special effects like breakaway furniture, set up explosives and things like that.

"That green building is the greenery department. We grow plants there to be used on sound stages and so on. They did a TV series here called 'Tales of the Golden Monkey' that was to have taken place in Bora Bora. Actually, it was shot on the backlot, with the plants and things grown here making it look like a jungle on a tropical island. This section through here is called Prop

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Tour visitors who survive the "Battle of Galactica" (left) may have the nerve to risk their talents in "The Screen Test Comedy Theater" (above).

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THE CORN THAT'S MAKING A WORLD OF DIFFERENCE

Many cross-fertilizations after he first planted the seeds for better worldwide nutrition, the discoverer of high-lysine corn takes a look at its global impact.

by Dr. Edwin Mertz

When my coworkers and I at Purdue University announced the discovery of a new breed of corn that was high in lysine, we knew it had the potential to prevent malnutrition and improve livestock production around the world.

The *Post* has already reported on the effect of high-lysine corn in the United States. Crow's Hybrid Corn Company of Illinois spent more than a decade developing a high-yielding, disease-resistant line of hybrids acceptable to the American farmer. U.S. farmers now plant about 500,000 acres of high-lysine corn annually, all of which stays on the farm for animal feed.

But what's happening in other countries is perhaps more exciting. If the success of high-lysine corn is measured by the amount of papers it's generated around the world, it's made quite an impact. The Commonwealth Agricultural Bureau in England has published 1,450 abstracts of papers about high-lysine corn since 1964. These abstracts summarize work done in 57 countries and averages out to six papers a month every month for 20 years! To find out what all this research work means in human terms, I asked Dr. Ronald P. Cantrell, former professor of agronomy at Purdue University and now director of the Maize (corn) Program at CIMMYT, the International Maize and Wheat Improvement Center located at El Batan, Mexico.

Skeptics said it couldn't be done. Others believed it would save the world. Today, the high-lysine corn "that couldn't be done" is especially important in countries where children are dying for lack of lysine in their diets of normal corn and beans.

In 1970 CIMMYT was given the task of developing tropically adapted high-lysine corn that would be high yielding and completely acceptable to the poor farmers in developing countries. With the exception of Andean farmers, who prefer a floury corn similar to Crow's high-lysine hybrids, the farmers in tropical and subtropical areas raise only a hard, flinty type of corn. They would not accept the floury type, so it became necessary for CIMMYT to embark on a long and tedious breeding program to produce a flinty, hard, high-lysine corn. This process took more than ten years, but they have now produced just exactly what the farmers were asking for.

Dr. Cantrell told me a team of researchers had just returned from a global visit to explore the possibilities for better use of high-lysine corn. The team included a plant breeder, a cereal chemist and an animal nutritionist. The group was headed by Dr. Norman Borlaug, who won the Nobel Prize for his work on short-stemmed wheat. The team visited Central and South America and Asia, including mainland China. The reseachers also

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plan to visit Africa. Here's what they found:

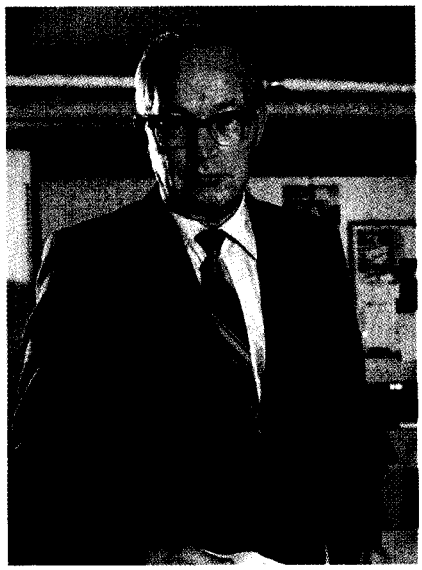
Guatemala is the most advanced country in the use of high-lysine corn. The Guatemalan government has released to farmers a white, hard, flinty high-lysine corn called NUTRICTA. This year 100 tons of NUTRICTA seed will be available for planting. The government plans to supply this corn to orphanages, schools and other institutions.

The short stature of Guatemala's highland natives may be caused by chronic protein deficiency. If so, the widespread adoption of high-lysine corn should correct this deficiency.

Elsewhere in the Americas, the team found that Honduras, Panama and the Dominican Republic are now multiplying high-lysine seed and should become big producers within two or three years. The testing of high-lysine varieties is also proceeding on schedule in Peru, Bolivia, Costa Rica, Mexico, Venezuela, Brazil and Paraguay.

In India, nutritionists have shown that high-lysine corn supplies good quality protein to young children at one-fifth the cost of milk, which is always in short supply in that country. High-lysine corn adapted to tropical and subtropical climates and soils have also been sent to Bangladesh, Burma, Indonesia, Malaysia, Nepal, Pakistan, the Philippines and Thailand for testing.

The lysine-corn situation in southern Africa is complicated. There, corn is an important part of the diet of tribal groups. But Dr. Hans Gevers, professor at the University of Natal in Pietermaritzburg, told me natives have refused to use the high-lysine hybrid (HL-1) developed in South Africa because it is not white enough and the meal is too soft. HL-1 has twice the protein value of the degermed corn meal the natives are accustomed to eating and could reduce the high incidence of kwashiorkor and pellagra among tribal groups. Dr. Gevers, however, hopes the natives will eventually accept the corn. He is more encouraged with his yellow, high-lysine hybrid, HL-2, that was designed for pigs and poultry. The South African Maize Control Board has set its selling price at 12 percent higher per bushel than regular corn to induce more farmers to plant it.

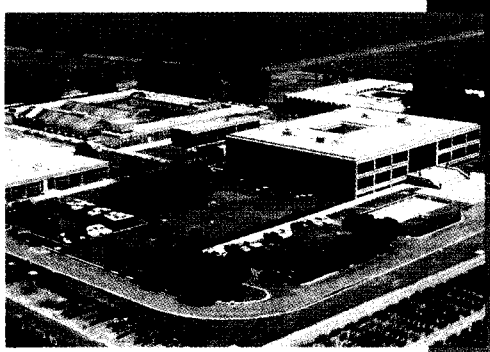


We have the vision of Kenneth Crow to thank for making high-lysine corn a practical crop in the United States. His family-owned seed-corn company persevered in developing the lysine corn when other hybrid companies abandoned the tedious project of hybrid cross fertilizations necessary to perfect it.

Communist countries are also benefiting from high-lysine corn. The CIMMYT team found great interest in the corn in China both as a food for humans and for use in pig production. China is the largest swine-producing nation in the world.

To find out what is happening in the U.S.S.R., I wrote to the head of the state corn-breeding department, Dr. K. I. Zima, at Krasnodar, in the southwestern Soviet Union. He told me that Russian plant breeders began working on high-lysine corn in 1967 shortly after our Purdue group sent samples around the world. Six research centers in the U.S.S.R. are engaged in high-lysine corn breeding and six commercial high-lysine corn hybrids (floury type) have been released to farmers. The Soviet Union produces about 1,000 tons of high-lysine corn annually. This production is about one-fifth that produced annually for animal feed in the American Midwest. High-lysine programs are also proceeding in Yugoslavia, Bulgaria and Hungary, but on a smaller scale.

Maize-fed toddlers of Salvadoran refugees are dying from kwashiorkor. Substituting high-lysine corn could save them.



It took the International Maize and Wheat Improvement Center at El Batan, Mexico, ten years to produce a hard, non-floury high-lysine corn that the farmers were asking for.

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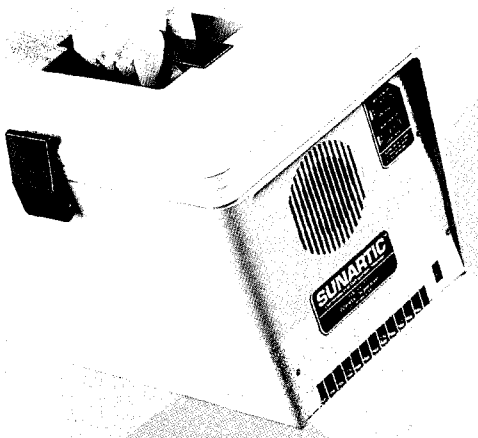


Convenient Electric Cooler

GIFTS FOR GRADS, DADS, MOMS AND MARRIEDS

The Post selects "just the thing" to please graduates, newlyweds, anniversary celebrants and mothers and fathers on their special days.

by Paul Pinella

It's that time of year again. That time when you begin meandering puzzlepated through shopping malls looking for just the right gift for the graduate who could use everything, mom and dad who may "have everything" and the June newlyweds.

Meander no more. *The Saturday Evening Post* has again done the shop-hopping for you. Once more we are sparing you exposure to the epidemic of shopping fever "now going around" and the risk of being "malled" running from shop to shop while hoping for heavenly guidance.

In our selection of new and timely gift ideas you'll find that elusive "just the thing" for Mother's Day (May 13), Father's Day (June 17) and those graduation and wedding occasions ahead. So relax, take your time and take a load off your mind and off your aching feet.

Mother's Helpers

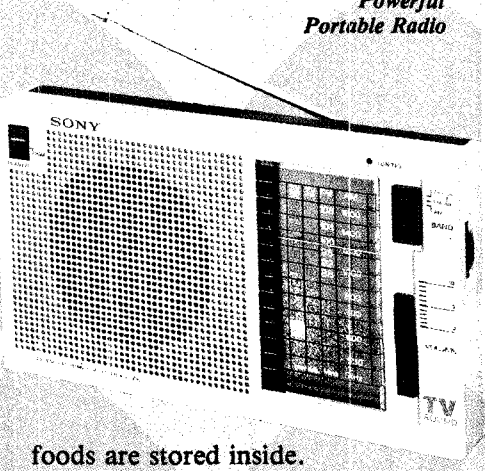
Electric Cooler: Spring picnics can be fun, but sometimes mom may have trouble keeping her cool. After packing the cucumbers and calming the dog, the last thing she needs is to chop ice or discover the hamburger won't fit in a crowded cooler. Of course, dad could help, but then who is going to assemble the grill?

NASA-developed technology comes to the rescue. Sunarctic® is a portable container that uses thermoelectrics to keep food both hot (up to 150° F.) and cold (down to 25° F.). It uses a miniature solid-state module that reverses operation much the same as a heat pump. The only moving part is a fan that works off a 12-volt source, such as a car's cigarette lighter. From Brinsdon Corporation, San Carlos, California, Sunarctic® sells for around $130.

Calorie Counter: The best way to lose weight is to combine exercise with altered food intake. Though it is fairly easy to monitor an exercise program, mom and other family members may have trouble calculating how many calories they consume. Compucal® is an electronic scale that uses computer power to reveal exactly how many calories are locked up in a single serving of just about any food, including Big Macs® and strawberry shortcake. For those on special diets who need to watch their intake carefully, the unit can also expose contents of sodium, carbohyrates, fats and cholesterol. Dietary statistics for more than 700 foods are stored inside. Compucal® sells for $140 from The Sharper Image, telephone (800) 344-4444.

Calorie Counter for Dieters

Powerful Portable Radio



Electric Wok: The ideal way to benefit from nutrient-rich spring and summer vegetables is to eat them raw. Yet rawness has its drawbacks: Children may balk at uncooked broccoli, and mom is deprived of showing off her culinary talents. One good compromise is to stir-fry food, a cooking method from the Orient that's done best in a wok. Curved on the sides and flat on the bottom, woks use high bottom heat to cook food quickly without destroying natural textures

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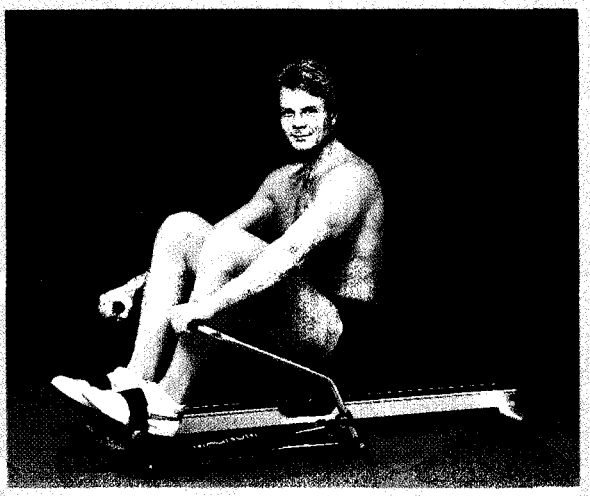
or flavors. Perfect for cooking everything from Szechwan beef to beef stew, The Farberware® Electric Wok comes with a steamer rack, stainless-steel cover and cooking chopsticks. It sells for approximately $86.

Creative Camera: Most family photo albums have many things in common, including poorly focused shots, dimly lit pictures and offbeat expressions ranging from closed eyes to photographic decapitation. Of course, not everyone is destined for professional photography. Nevertheless, technology has finally reached the point that focusing, speed and shutter settings can be fully automated in a 35mm camera. Mom can concentrate on getting baby to smile instead of praying she has the right exposure.

Garden Lover's Power Muncher

The Pentax Sport 35® uses an infrared beam for focusing (it even works in the dark) and features a built-in flash, timer and dust cover. It costs $169.

Versatile Radio: Even when the objective is to get away from it all, there are advantages to keeping informed. For example, a radio stashed away on an overnight camping trip can monitor weather



Total Exercise Rowing Machine

forecasts. The Sony AM-FM ICF-770W® portable radio has other civilized advantages for the busy mom on the go. It has a built-in AC cord, receives constant weather updates on a special weather band and even picks up the audio portion of TV stations. No longer need mom miss out on her favorite soaps. It sells for around $55.

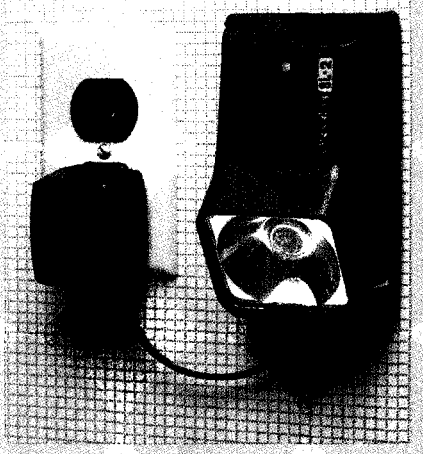
Gifts for Dad

Rowing Machine: Most fathers know they should exercise, but they don't have time for a regular aerobics program or even some push-ups. Several excuses for not exercising really are valid. It's discouraging waiting in line at the health clubs or running around the block in a neighborhood populated with barking dogs. Perhaps some home equipment will make dad exercise regularly. Though no machine can provide all that's needed in circulatory-system (aerobic) and muscle-group (anaerobic) support, the 660 Rowing Machine® comes close. Workouts stress back, stomach, arm, shoulder and leg muscles and simultaneously raise the heart rate to 80 percent of maximum. The price: $450 from Amerec, Bellevue, Washington.

Electric Shredder: If dad likes to garden, chances are good he already knows about composting. Compost is a mixture of decayed leaves, grass clippings, twigs, manure and other organic waste (including garbage) that provides an ideal natural fertilizer for all garden produce.

The fastest way to make compost is to shred organic matter and then add it to a "compost heap." However, many gardeners never try even simple composting and rely instead on chemical fertilizers. The Rover Muncher® uses an electric motor to shred any lawn and garden waste, including branches up to 3/4-inch thick. No longer must dad burn leaves in the fall; he'll compost them instead. Made in Australia, the Muncher® sells for approximately $250 from Hunter Industrial Corporation, Allendale, New Jersey.

Portable Compressor: How many household items need compressed air? Probably more than you think.



Super Security Spotlighter®

Car tires, motorcycle and bicycle tires, air shocks, athletic balls and pool toys are just a few everyday articles that depend on air compression. Gas stations still dispense air, but they are not always convenient and some will charge for the service. Until now, dad's only alternatives were expensive tank-type compressors or a hand pump. The Coleman Inflate-All 3® plugs into a car's

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Backpacking Tent

cigarette lighter and inflates to an impressive 125 pounds per square inch. The price: about $20.

Lightweight Binoculars: As summer vacations, outdoor sporting events and other leisure-time activities lie on the horizon, now may be the time to invest in good binoculars. Whether dad prefers bird-watching or occasional girl-watching, the Jason Model 234® provides seven-power magnification in an eight-ounce, graphite body. Each lens may be focused individually or together for an optimal view. $42.50 from Jason Empire, Inc., Overland Park, Kansas.

Security Light: Power failures can happen any time, but spring storms are especially good at darkening homes and buildings. When the lights do go out, it's nice to have a back-up unit handy. Some flashlights will either be sans batteries or discharged when father needs them most, but the Black & Decker SL 2 Spotlighter® fits in a special base for constant recharging. A red LED turns green when the power goes off. About $20.

Wide-body Telescope

Graduate Gifts

Sturdy Tent: Sleeping under the stars is a fine way to enjoy the great outdoors—until a thunderstorm breaks at three in the morning. When that happens, it pays to have a tent nearby. Tent technology has come a long way in the last few years. Many of today's nylon tents feature an outer shell or "rain fly" for extra water protection, pack well in small containers and are light enough for serious backpacking. The Eureka!® Alpine Meadows is a proven design that offers a lot of tent for the money, including a sturdy center loop for extra room and controlled ventilation. Any graduate will be thrilled to have a place of his own. The tent, including fly, sells for $192 from Johnson Camping, Inc., Binghamton, New York.

Recumbent Bicycle

Compact Telescope: Long, white tubes—the image most people have of telescopes. It's as dated as Telstar. The standard refractor and reflector telescopes that introduced many to astronomy still have their uses, but a more versatile invention has been stealing the limelight lately. It's the catadioptric telescope, an extremely lightweight and compact design well suited for many terrestrial and extraterrestrial applications. The 8-inch C90 Astro Telescope® produces as much optical power as a 40-inch refractor telescope. Equally competent at spotting the cloud belts of Jupiter and observing storm clouds on earth, the C90® comes with a finder scope, clock drive and tripod. For graduates who enjoy photography, a camera adapter is extra. The price: $695 from Celestron International, Torrance, California.

Recumbent Bicycle: Just as most people are adjusting to ten-speed bikes, along comes something radically different. At first glance, a recumbent bicycle looks like a welder's mistake. The ten-speed's skinny seat is replaced by something that looks more like a lawn chair, and the entire contraption sits low to the ground. Actually, the design makes good sense. Riders get maximum use from their leg muscles in a reclined position, and wind resistance—normally 50 percent of where cycling power goes—is cut to a minimum. The Infinity 1®, an aluminum-frame recumbent, is ideal for avid cyclists. It retails for $699 from Infinity Recumbent Bicycles, Mooresville, Indiana.

Instant Pictures: Instant cameras are crowd pleasers as well as record-keepers. Still, most instant pictures literally do not stack up as well as ordinary prints. Regular film produces thicker pictures with a conspicuous plastic seal that often curl in photo albums. The Kodamatic Champ® from Kodak eliminates this problem with new Trim-Print® film. Flexible prints peel off a dry backing like mailing labels, producing pictures indistinguishable from lab work. The price for the camera is $29.95. ★

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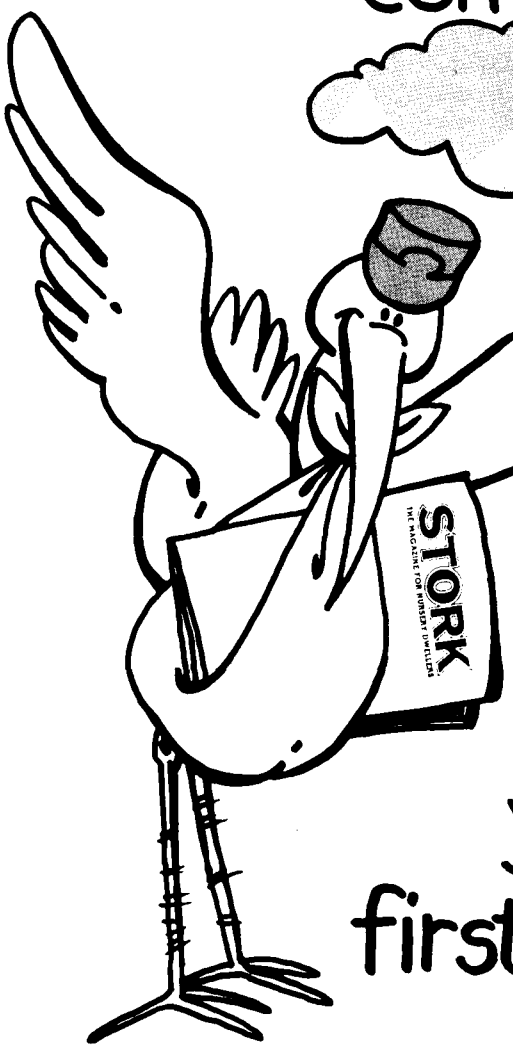

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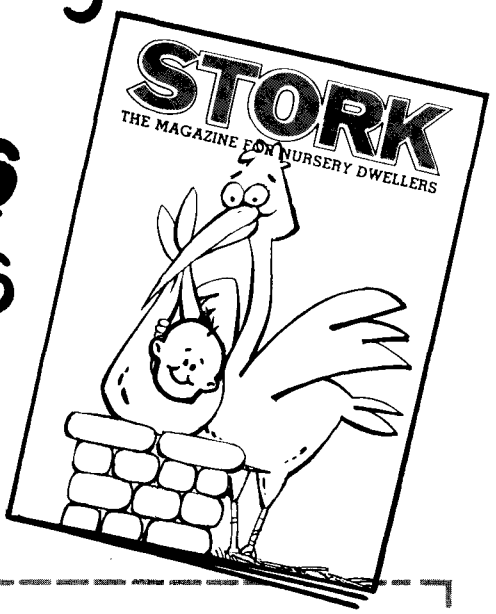

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DISCIPLES OF CHRIST— GOING THEIR WAY

Members of the church believe so strongly in freedom and diversity that the denomination's character defies definition.

by Carole Coffey

A story making the rounds in Christian Church (Disciples of Christ) circles says that the pope, when advised of the start of talks between the Disciples and the Vatican, asked in puzzlement: "The Apostles I know, but who are these Disciples?"

A frequently asked question, even by Disciples themselves, it's rather difficult to answer.

Members of the church believe so strongly in freedom and diversity—in worship and in life style—that it would be impossible to pinpoint a Disciples "type."

Born on the American frontier, this 152-year-old church is little known even though it has more than a million members in North America and has been the church of three U.S. presidents—James Garfield, Lyndon Johnson and Ronald Reagan.

The Christian Church is one of the largest Protestant bodies founded in this country. It has a weak identity, perhaps because of its double name, its long-standing aversion to being considered a denomination and because it does all of its work abroad—and much of it in the United States—ecumenically, in cooperation with other churches. It is an active participant in and helped organize the National Council of Churches, the World Council of Churches and the Consultation on Church Union.

In a 1983 poll, George Gallup reported that the Disciples were unknown to two-thirds of the American population and that, among those who think they do know the Disciples, many identify them as a cult. The truth is that they are very much a part of mainstream American Protestantism.

"Disciples of Christ" is the federal census definition of the Disciples, but only a small percentage of the church's 4,328 congregations carry that name. Most are identified by names such as First Christian Church, Bethany Christian Church or Clark Street Christian Church —but you can't be sure that all the "Christian Churches" in your town are affiliated with the Disciples. Perhaps an equal number of "Christian Church" congregations in the United States are independent.

The aversion to being considered a denomination comes from the church's origins as a movement in post-Revolutionary War America to bring unity to a church thought to be sinfully divided over European theological, political and social issues. For nearly a century and a half, Disciples used the euphemism "brotherhood" to describe themselves rather

William E. Tucker, chancellor of Texas Christian University and current moderator of the Disciples of Christ, chats with students on campus. TCU is the largest of 33 higher-education institutions related to the church.

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than utter the terrible word "denomination."

Why the compound name?

The "Christian Church" part of it stems from the church's Kentucky ancestry and Barton W. Stone, whose followers dissolved their Presbyterian relationship in favor of a church less complicated, less dedicated to the use of creeds as tests of belief and more open to the reunion of Christians.

Thomas and Alexander Campbell, whose movement to restore Christian unity developed similarly but separately in western Pennsylvania, rebelled against dogmatic sectarianism. Campbell chose "Disciples of Christ" because he felt it was less pretentious than "Christian Church."

Since the two movements came together in 1832, the terms have been used interchangeably and in several different forms. In a 1968 restructuring, the brotherhood finally admitted that it was a denomination.

In the 1980s, Disciples represent a church built on a rich heritage but living fully in the present; a church that, in addition to having produced three presidents:

- Paced American churches in establishing a human-rights office and has two full-time people to call attention to rights violations around the world (both staff members having overseas experience and having been imprisoned in Asia and Latin America for working with rights-violations victims).
- Contributed the first lay person to be president of the National Council of Churches, Indiana diesel manufacturer J. Irwin Miller, in 1960-63.
- Made the largest contribution in the 1970s to initiate a "world bank" in Holland shared by more than 100 church bodies to provide high-risk business loans to Third World poor people.
- Initiated the idea of "campus ministry" at state colleges and universities and currently contributes 52 Disciples to such work.
- Turned former "missions" over to African church leadership in Zaire nearly 25 years ago and thus ranked among the first of the denominations to foster independent and autonomous indigenous churches in that area. (Disciples are now involved in some 60 countries, with personnel in about a third of them, but because they have encouraged united Protestant churches abroad, little work remains anywhere in the world that is purely Disciples of Christ.)
- Founded *Christian Century* magazine in 1872 and spun it off as one of the most widely read ecumenical journals of the day.
- Ordained women as ministers in the 1800s, nearly as early as they ordained anyone, and now employ hundreds of ordained women.
- Helped resettle nearly 10 percent of all the refugees handled by the National Council of Churches denominations over the past five years.

T. Garrott Benjamin of Indianapolis, chaplain of the Benjamin Franklin Society, is called one of the outstanding young ministers in the United States. Disciples of Christ churches have about 50,000 black members.

To become a member of the Christian Church, a person simply confesses faith in Christ and is baptized by immersion, although most congregations will accept members by transfer who have been baptized as infants or sprinkled by another denomination. Nothing else is required.

Disciples consider reciting creeds

The Disciples are characterized by their celebration of the Lord's Supper (left) at each worship. The red chalice and St. Andrew's Cross from the church symbol. (Above) Disciples gather in general assembly in San Antonio.

The Disciples of Christ work in more than 60 countries, almost always through indigenous churches. In India, a long-time Disciples' presence helps fund family-planning and nutrition education in villages such as Waki in the state of Maharashtra.

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unnecessary; they have no formal doctrine. They have always considered themselves a Bible-centered people, and their argument for freedom of opinion in matters of faith is built on the presumption that a reasonably intelligent person can study the Scriptures and determine God's will and relationship to man.

The Disciples' main sacrament is the Lord's Supper, commonly called communion, which they consider central to each worship service and which is open to all Christians. Unordained lay elders handle the sacrament, and lay persons also carry out from time to time all other pastoral duties except those regulated by civil law, such as officiating at weddings.

The freedom to call its own ministers, interpret the gospel and determine its own involvement in social arenas gives each congregation its own personality.

Although the Christian Church has a strong ordained ministry of men and women serving in local congregations, higher education, the chaplaincy, denominational and ecumenical offices and other ministries, few Protestant bodies take the "priesthood of all believers" concept to the length that Disciples do.

And, few if any take the Christian unity ideal as seriously as Disciples. They came on the scene advocating Christian unity many years before a serious ecumenical movement developed in this country—and they haven't stopped. The ecumenical way is second nature to most Disciples.

Their ecumenical involvement runs the gamut from joint vacation church schools with congregations of other denominations (especially in small towns) to membership and leadership (paid and volunteer) in state and local councils of churches all the way to union conversations.

More than 60 Disciples ministers serve as full-time or elected executives of national and regional ecumenical organizations, reinforced by a force of volunteers. It is also interesting to note that 116 Disciples ministers serve non-Disciples congregations and 44 non-Disciples ministers serve Christian Church congregations.

The Disciples have actually been—as the story about the pope indicates—in theological conversations with the Roman Catholic Church for several years. Though the Catholics have a tradition of authority very different from the free-wheeling Disciples and a much more formal worship style, both celebrate the Lord's Supper as the center of worship.

The Disciples are in union conversations with the 1.8-million-member United Church of Christ. They already share the same mission executives in India and the Middle East. Several of their congregations are dually aligned, and many ministers have dual standing. The two bodies are in the midst of a six-year covenant of work and study, hoping to have a clear recommendation by 1985 on whether union is possible and, if so, what form it should take.

"What we are looking at is an organic union to create a new church, not an institutional merger of two existing churches," explained the Rev. Robert K. Welsh, vice president of the Disciples' Council on Christian Unity.

Both denominations are participants in the nine-denomination Consultation on Church Union at the same time that they are in conversation with each other. The Disciples' chief ecumenical officer, the Rev. Paul A. Crow, Jr., served COCU as its first general secretary.

The Christian Church's general offices are in Indianapolis, Indiana, but the Disciples also have major offices in St. Louis, where their publishing and higher education divisions and offices for social and health services are located, and in Nashville, Tennessee, home of the Disciples of Christ Historical Society.

The church operates on three distinct levels—congregational, regional (there are 35 regions in the United States and Canada) and general. On each level, it owns its own property, manages its finances and determines programs. There is no pyramid of authority.

Congregations are free to call their own ministers, interpret the gospel in their own ways and determine their own involvement (or lack of it) in social arenas.

Given this kind of freedom, congregations have as many personalities as there are congregations. Some are dedicated to social activism, and others may seem almost withdrawn from the world and its problems, but most have multisided characters that place them between these two extremes.

It doesn't happen often, but occasionally the freedom to express beliefs will get a minister or lay person in trouble with the law. Earlier this year the Rev. Pamela Owens, pastor of Woodgrove Brethren Christian Church in Woodland, Michigan, and one of the members of her congregation, Ralph Townsend, were among 50 people arrested following a demonstration against Williams International, producer of engines for the cruise missile. Most of the demonstrators were charged with trespassing, but Owens, mother of two small children, was charged with seven counts, including conspiracy to disturb the peace.

Owens said she participated in the demonstration because she had been looking for an opportunity to make a religious statement against nuclear weapons.

"We are a partner congregation with a church in East Germany," she said, "and I knew those missiles were pointed right at them. This made it very personal to know that those missiles could annihilate people with whom we are pen pals."

She said her understanding of Christian witness is that it sometimes calls for civil disobedience.

The general manifestation of the church, which has 11 administrative units to carry out its work, is headed by a general minister and president, the Rev. Kenneth L. Teegarden, whose 12-year term of office will end in 1985. A search is already under

continued on page 104

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Would you devote a few hours of your time to protect your child from sexual assault?

Thousands of parents have already protected their children, at home, through this exciting Bible-oriented family study course.

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According to the U.S. Department of Health and Human Services, one of every six children in this country will be sexually molested before they celebrate their sixteenth birthday.

Testimony before the U.S. Senate indicates that more than 50,000 children will vanish from their homes in 1983 and will never be seen again, while each year more than 5,000 children are murdered.

If you're like most parents, the mere thought of your child being harmed, in any way, makes your skin crawl.

Like most of us, you have done your very best to provide your children with the skills and knowledge that will protect them from the risks they face in the world.

We all teach our children things like, *"Don't go with strangers..."* but did you know that most assaults on children (as high as 80% in some studies) are committed by someone known to either the child or their family.

What was that you said about *"Strangers?"*

Or, did you know that your child is far more likely to be involved in the production of child pornography by a teacher, coach or youth group leader than the dirty-old-man we so often picture for our children.

In fact, it is sadly true that by doing our very best to raise respectful, obedient and loving children we may, at the same time, be raising children who are unprepared or ill-equipped to deal with the persuasive, manipulative molester.

It is for these very reasons that the members of the Christian Society for the Prevention of Cruelty to Children have developed a Bible-oriented family study program which is called "Protecting Your Children From Sexual Assault".

The course is intended to be taught as a home Bible study and consists of a comprehensive parent's teaching guide and a child's activity workbook. (A separate workbook should be purchased for each child in the family.)

Published by Little Ones Books, P.O. Box 725, Young America, Minnesota 55399, the teaching kit sells for $10.00 plus $1.50 for postage and handling (additional workbooks are available only when purchased with the teaching kit and sell for $5.95, postage included).

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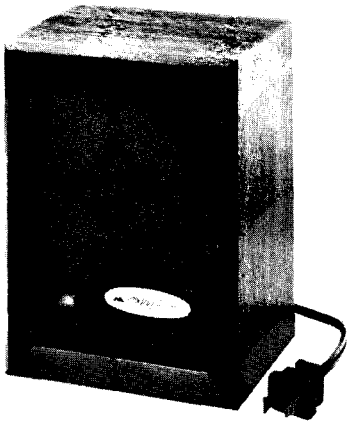

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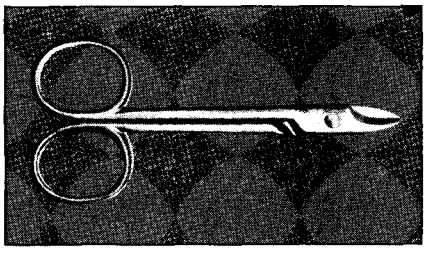

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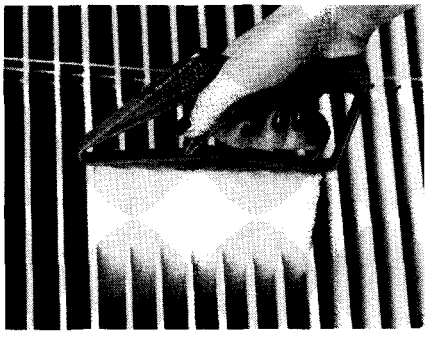

Seven-finger tool for mini, vertical or venetian blinds. All 7 synthetic lambswool rollers slip in and whisk away dust from blinds with one motion. Soiled rollers can be removed and washed. $9.95 + $1 p&h: two for $18, + $1.45 p&h. Holst, Inc., Dept. SPB-584, 1118 W. Lake, Box 370, Tawas City, MI 48763.

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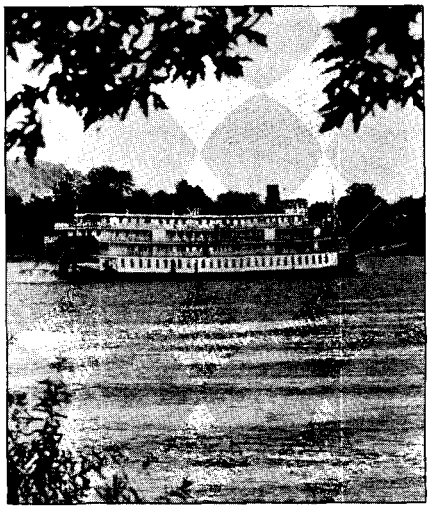

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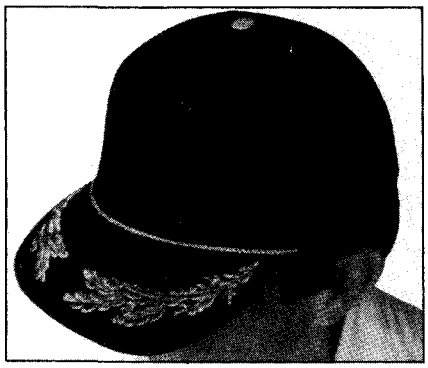

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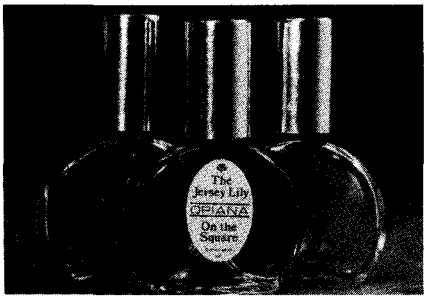

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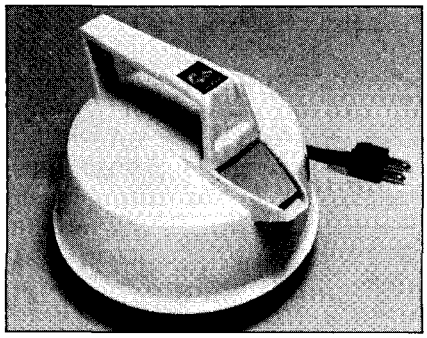

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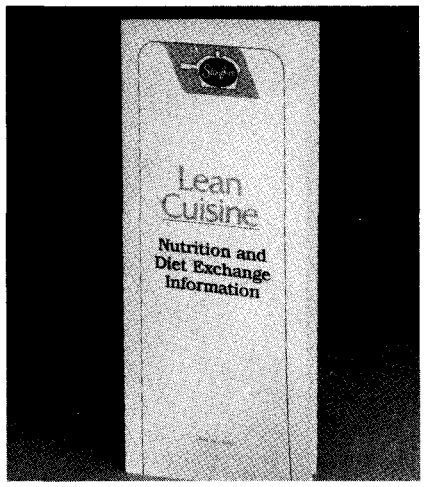

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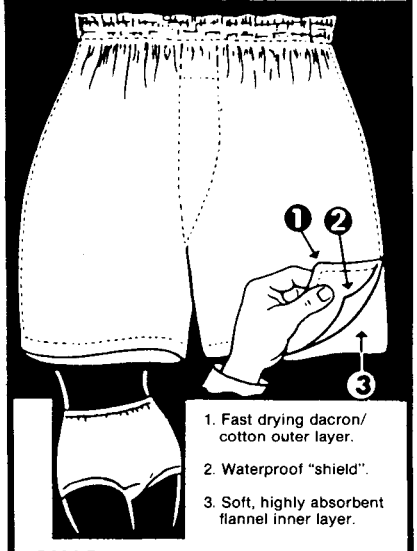

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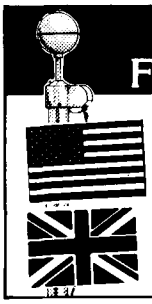

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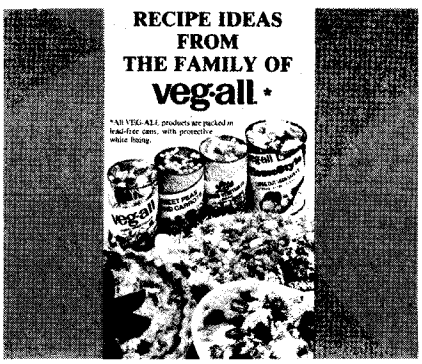

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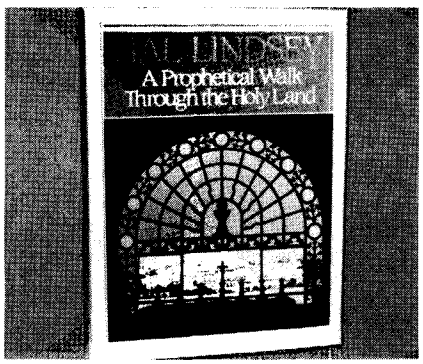
Bible explained



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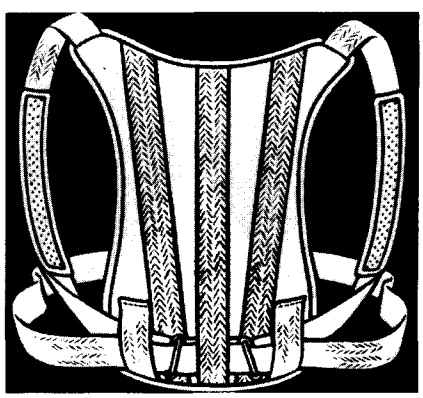

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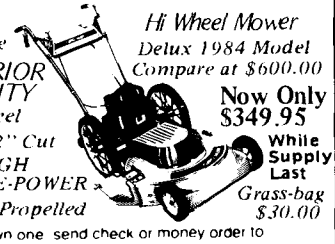

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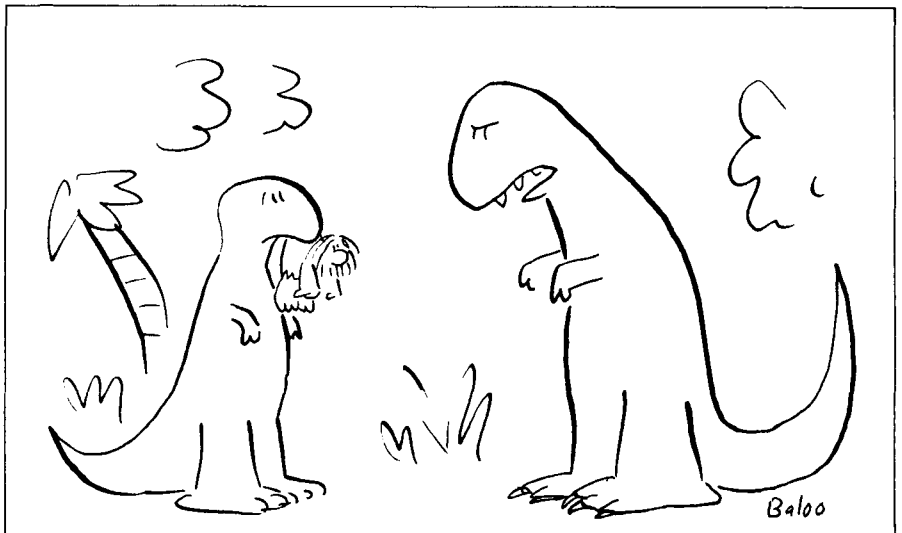

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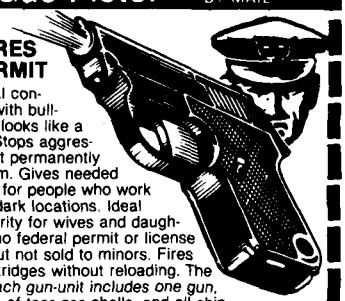

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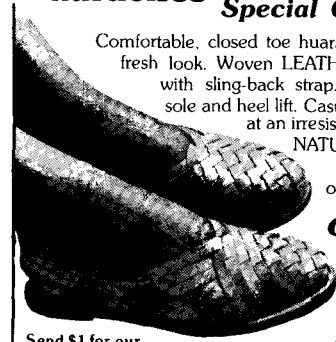

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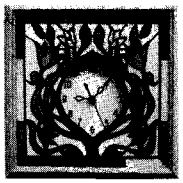

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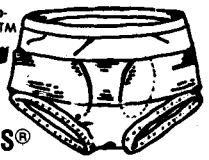

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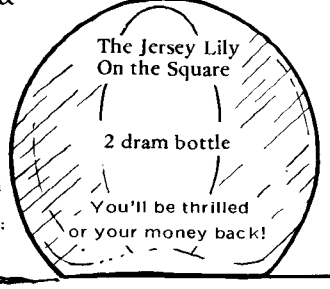

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Dear Reader:

We can't think of a single gift which would do more for your good health than to start you using high-lysine corn meal and high-fiber unprocessed miller's bran.

We've been writing about the virtues of high-fiber wheat bran for years, and lately we've been telling you why we believe a high-lysine, low-arginine diet is so beneficial to ward off viruses. Now we're going to put our money where our mouths are. We've bought corn-grinding equipment and our volunteers are bagging the high-lysine corn meal as well as unprocessed miller's wheat bran, which has been donated to us by a generous miller. We're packaging both in lined, brown paper bags to get people started who haven't yet discovered the amazing benefits of adding back the bran, or going on a high-lysine, low-arginine diet.

Readers ask us repeatedly, "Exactly how much bran should I take?" So we called Dr. Denis Burkitt, the godfather of the high-fiber discoveries. From London, in his inimitable British accent, he said, "It varies enormously with different people. What we tell them now is, 'If you have enough fiber, your stools normally float.' And everybody can find out whether their stools float or sink. Take enough to make your stool float," he said. "Some people need more than others." Getting your stool to float will probably double the size of your stool, and this is what you want, says Dr. Burkitt. "Speeding up the transit time is important but it isn't nearly as important as increasing the amount of stool you pass," he said.

We asked him how much stool the average adult male should pass. He replied, "I think he should pass at least 225 grams (about 1/2 pound). The average American today is passing a little over 100 grams (less than 1/4 pound). Stool weights are even more closely related to cancer than the transit time of the food. If I were a doctor examining candidates for life insurance, the first question I'd ask would be, 'How much stool do you pass daily?' If the candidate says, 'About 250 to 300 grams,' well, I'd say, 'I'm not wasting time on blood chemistry tests, you're okay--you can get your policy,' and if he says, 'I don't even get out 100 grams a day,' well, I'd say, 'It's not worthwhile to test you because you're a pretty poor risk.' That's how important a high-volume stool is to your health."

If you care about wellness, I hope you will read the next page.

To your good health,

Cory SerVaas, M.D.

Cory SerVaas, M.D.
Research Director

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The first 500 were mailed and we have heard from many of the recipients. We wish we could mail gift bags to all of our members but we must limit it to those who send a contribution to support our cancer and heart-disease research.

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FOOD

NEW ANGLES ON FISH DISHES

If you're fishing for compliments and looking for a sure lure to get your family hooked on fish, just bait your menu with these delicious and nutritious recipes and reel them in.

by Allen Simon

If you are one of those people who love to dine on fish at restaurants but who in their own kitchens don't know a red snapper from a red herring, welcome aboard! Many cooks may be unfamiliar with the wide variety of fresh catch now available in grocery-store seafood cases. In fact, a whole generation's closest brush with fish has been with the frozen fillets that come from a cardboard box.

The truth is, fresh fish is easier to cook than frozen, and once in the pan, fish is the fastest-cooking main dish around. It is high in protein, and because it contains little connective tissue, it is more easily digested and assimilated than red meat. It's the perfect healthful dish to serve at least once or twice a week.

But how about the high price? you may well ask. Some varieties of fish sell for five to six dollars a pound—fresh salmon, for example. It's true, that's more than a high-priced steak, but considering that ⅓ pound of filleted fish makes a serving, it's cheaper by far than a restaurant fish dinner and per serving costs about what you would pay for a carry-out hamburger.

Here are some tips for getting a good catch the next time you go fishing at the grocery store: Look for firm flesh and a clean, nonfishy odor. A whole fish should have bright, clear, protruding eyes, shiny skin and red gills. If the fish is cut into steaks or fillets, examine it for firmness and make sure there are no signs of drying.

Once your catch is home, do not leave it at room temperature for more than two hours or keep it stored in the refrigerator for more than two days. To keep fish fresh until cooking, place it in a plastic bag on ice in the refrigerator until ready to use. Renew the ice twice a day. If you aren't going to be cooking it soon, it is better to put it in the freezer—but remember, don't ever thaw and then refreeze fish.

In preparing fish, whether you fry, bake, broil, poach or steam it, pay attention to the degree of doneness. The worst crime perpetrated against fish is overcooking, which takes out the natural moisture and the flavor as well. Fish is done as soon as it flakes easily with a fork. Often the simplest methods of cooking are preferred. Poach in water with a bit of white wine added unless you are preparing a more elaborate recipe. The proper cooking time is about ten minutes per pound.

When selecting fish for a specific number of people, follow these guidelines: ¾ pound per serving for whole fish; ½ pound per serving of dressed fish; and ⅓ pound per serving for fillets or steaks.

In our search for gourmet-quality fish dishes that are easy to make, we discovered the following recipes. Some are taken from the food columnist Cornelius O'Donnell's book *Cooking with Cornelius*. "Company meals shouldn't differ radically from what a family eats," says Cornelius, and we agree.

Baked Fish & Vegetable Dinner

(Makes 4-6 servings)

3 large potatoes, peeled and sliced thin
Salt substitute
½ pound fresh mushrooms, sliced
1 pound zucchini, cut into ⅛-inch slices
4 large tomatoes, peeled, seeded and sliced
2 green onions, sliced thin
1½ pounds fish fillets (haddock, perch, scrod, flounder or sole)
2 tablespoons corn-oil magarine
1 teaspoon fresh thyme, chopped or ½ teaspoon, dried
1 teaspoon fresh basil, chopped or ½ teaspoon dried
Pepper, freshly ground
Lemon slices

Preheat the oven to 350° F. Generously butter a 2-quart baking dish. Arrange the potatoes in the dish and sprinkle lightly with salt substitute. Cover with foil and bake for 15 minutes. Uncover and place the mushrooms, zucchini, tomatoes and green onions over the partially cooked potatoes. Place the fish fillets over the vegetables, and cut a few diagonal slashes in the fish. Dribble the melted margarine over the fish and sprinkle with the herbs, salt and pepper. Bake, uncovered, until the fish is slightly browned and flakes easily. This may take from 10-20 minutes, depending on the thickness of the fillets. Do not overcook. Garnish with lemon slices.

Fish Fillets au Gratin

(Makes 4 servings)

2 tablespoons fine cracker crumbs
1 pound perch, flounder or other fish fillets
1 cup canned tomatoes with liquid
2 tablespoons onion, chopped
¼ teaspoon salt substitute
Pepper, freshly ground
1 tablespoon corn-oil margarine
¼ cup cheddar cheese, shredded

Preheat the oven to 375° F. Sprinkle a lightly greased, broilerproof 2-quart baking dish with the crumbs;

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arrange the fish on the crumbs. Combine the tomatoes, onion, salt substitute and pepper and pour over the fish, then dot with margarine. Bake for about 20 minutes or until the fish flakes easily and is opaque. Sprinkle with cheese and return to the oven until the cheese melts, about 5 minutes, or place under the broiler until the cheese is lightly browned. Variations: Add fresh herbs—dill, chervil, oregano—to the tomato mixture. And use different cheeses—shredded mozzarella, Gruyère or Swiss work well.

Fish Vinaigrette
(Makes 4 servings)

1½ pounds fillets of flounder, haddock or sole
About ½ cup flour
4-5 tablespoons corn-oil margarine

Vinaigrette Dressing

¼ cup fresh lemon juice
Peel of 1 lemon, grated (yellow part only)
½ teaspoon salt substitute
Dash of hot pepper sauce
1 clove garlic, minced
½ cup vegetable or corn oil

Garnishes

Green onion, sliced
Carrot curls or carrots, grated
Fresh parsley, chopped
Black or green olives
Lemon wedges

Dip the fish fillets into the flour, then sauté them in a 10-inch skillet in margarine, turning once, until the fish flakes easily with a fork and is opaque; do not overcook. Carefully remove them to a serving platter. Mix the vinaigrette-dressing ingredients together and pour this over the fish. Refrigerate for at least 6 hours. Before serving, garnish the platter with all, or any combination of, the suggested garnishes.

Poached Salmon with Dill Sauce
(Makes 6 servings)

Court Bouillon

1 carrot, sliced
1 onion, sliced
1 stalk celery, sliced
1 large lemon, sliced
1 bay leaf
4 black peppercorns, slightly crushed
2 sprigs fresh parsley
2 teaspoons salt substitute
3 cups water
6 small salmon steaks (about 1 inch thick)

Sauce

1 cup mayonnaise
1 teaspoon Dijon-style mustard
2 tablespoons fresh dill, chopped, or 2 teaspoons, dried
1 tablespoon fresh lemon juice

Mix together the ingredients for the court bouillon and, in a 10-inch skil-

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let, bring to a boil. Reduce the heat and simmer, covered, for about 30 minutes. Remove the vegetables, bay leaf and lemon with a slotted spoon. Cook the salmon steaks gently in the bouillon, covered, for about 8-10 minutes or until the fish flakes easily with a fork. Meanwhile, combine all the ingredients for the sauce in a serving bowl. When the fish is done, remove it carefully and serve it either hot or at room temperature, with the sauce spooned on the side.

Fish Fillets with Spinach
(Makes 4 servings)

2 tablespoons corn-oil margarine
2 tablespoons onion, chopped
Salt substitute
Pepper, freshly ground
4 sole, scrod, whitefish or other fish fillets (about 1¼ pounds)
½ cup dry white wine
1 pound fresh spinach or 2 packages (10 ounces each), frozen

Sauce

2 tablespoons corn-oil margarine
2 tablespoons flour
⅔ cup milk
⅓-½ cup poaching liquid from fish
Pinch of nutmeg
¼ teaspoon dry mustard
Pepper, freshly ground
3-4 tablespoons Parmesan cheese, freshly grated
Lemon slices
Watercress or parsley sprigs

Preheat the oven to 200° F. Melt the margarine in a 10-inch skillet, add the onion and sauté for just a minute, sprinkling with salt substitute and pepper. Top the onion with the fish fillets and white wine, cover and poach just until the fish flakes easily. Meanwhile, wash the spinach and cook it quickly in a saucepan, using only the water that sticks to the leaves; do not overcook. (If you're using frozen spinach, cook it briefly and squeeze it dry.) Drain the spinach and arrange it on an ovenproof platter. Carefully lift the fillets and arrange them on top of the spinach; save ½ cup of the poaching liquid. Keep the platter warm in the oven while making the sauce. To make the sauce, melt the margarine in a small saucepan, add the flour and cook over low heat, stirring constantly, for 3-4 minutes. Gradually add the milk and ⅓ cup of the poaching liquid and stir vigorously. Cook until the sauce reaches the boiling point and thickens. Add the remaining liquid if it seems necessary. Season with the nutmeg, mustard and pepper. Spoon the sauce over the fish and sprinkle with the cheese. Turn the oven up to 425° F. and bake for 10-15 minutes or until well heated. Garnish with lemon slices and watercress or parsley and serve.

Fish Steaks Minceur
(Makes 4 servings)

¾ cup water
¾ cup dry white wine
1 teaspoon dried leaf thyme
1 bay leaf
¼ teaspoon Tabasco pepper sauce
1 large carrot, cut in julienne strips
1 zucchini, cut in julienne strips
1 red pepper, cut in julienne strips
1 leek (white portion only), cut in julienne strips
4 salmon or halibut steaks (about 1½ pounds)
1 egg yolk

In large skillet combine water, wine, thyme, bay leaf and Tabasco sauce. Bring to a boil. Add carrot, zucchini, red pepper and leek. Arrange fish steaks on top of vegetables. Reduce heat. Cover. Simmer 10-12 minutes until fish flakes easily with a fork. Transfer fish steaks to heated serving platter. Remove vegetables from skillet and reserve. Reduce poaching liquid to ¾ cup. Remove bay leaf. Strain. Pour into container of electric blender. Add 1 cup reserved vegetables and egg yolk. Cover. Process until smooth. Spoon sauce around fish steaks on serving platter. Arrange remaining vegetables on top of fish.

Curried Salmon-Rice Loaf
(Makes 6 servings)

1 7¾-ounce can salmon
3 cups rice, cooked
⅓ cup scallions, chopped
2 teaspoons curry powder
3 teaspoons lemon juice
3 tablespoons cider vinegar
1 teaspoon garlic powder
Tomatoes, to garnish

Flake the salmon, removing any skin and bones, and add the salmon with its liquid to the cooked rice. Add the scallions, curry, lemon juice, vinegar and garlic powder. Pack the mixture into a small loaf pan lined with plastic wrap. Refrigerate for several hours. When ready to serve, unmold the salmon and arrange it on lettuce leaves. Garnish with sliced fresh tomatoes, if desired.

Curry Sauce
(Makes 3¼ cups)

3¼ cups defatted chicken broth
3 tablespoons cornstarch
1 teaspoon curry powder
¼ teaspoon dry mustard
2 tablespoons undiluted, frozen apple-juice concentrate, thawed

Bring the chicken broth to a boil in a skillet. Dissolve the cornstarch in a bowl of water. Add this to the broth, stirring until thickened. Add the mustard and curry to the apple juice and stir.

"It's my Tomato Surprise recipe—and boy, do you look surprised."

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Smoke Alarm

continued from page 32

Moreover, additives are being used to enhance flavor in low-tar cigarettes—additives the cigarette companies have not disclosed.

One dangerous compound found in smoke from all cigarettes, whatever the level of tar or nicotine, is carbon monoxide. This gas tends to "bump" oxygen from red blood cells and depletes the body of this vital element. The carbon monoxide produced by a burning cigarette—including a low-tar cigarette—is sufficient to pose serious dangers to people who most need an oxygen reserve—those with heart diseases and pregnant women. Its tendency to lower oxygen levels may be the cause of retardation or even death in the infants of smoking mothers. Even low concentrations of carbon monoxide are dangerous for patients suffering constricted or blocked blood vessels and for people with atherosclerosis. Carbon monoxide also lowers the threshold of angina, the spasmodic, choking pain caused by heart disease. Some studies show that carbon monoxide may not only make heart disease worse; it may cause the problem.

Nicotine has been classified as an addictive or compulsive substance by growing numbers of scientists and institutions, including the National Institute on Drug Abuse. Perhaps for this reason, smokers of low-nicotine cigarettes tend to compensate by inhaling more strongly; smoking more deeply; smoking to a shorter butt length; puffing more frequently; and consuming more cigarettes. Such actions may explain why many people who smoke low-nicotine cigarettes have had as much nicotine (and sometimes more, depending on their addiction) in their bloodstreams as those who smoke regular cigarettes.

The result, of course, is that the low-tar, low-nicotine smokers may end up with equivalent amounts of nicotine and much higher levels of the other dangerous additives. For these reasons, the surgeon general declares: "There is no safe cigarette and no safe level of consumption; the single most effective way to reduce hazards of smoking continues to be that of quitting entirely."

(Continued next issue)

Bob Hope

continued from page 51

Hope: No, I'm not Catholic. I'm a Presbyterian now. I was Episcopalian until my father came to Cleveland from London and built Euclid Avenue Presbyterian Church and brought us all over a year later. We saw the church, and we liked it so much we turned Presbyterian. I was back there last year, saw that church. It's going to be there for 900 years, the Euclid Avenue, the most beautiful thing you ever saw. My wife is Catholic—really Catholic. She wants me to go to church with her Sunday because it's our 50th anniversary.

Stoddard: Are you going to do anything else special on your wedding anniversary?

Hope: You know that I wanted to invite about 500 people, and Dolores said no. In fact, I had already invited a few couples over, and I had to call them back. She said, "No, I want to have dinner with you, and I want to go see a show or something, and the next day I want you to go to church with me, and you can give me my gift." I don't know why she assumed. . . .

SerVaas: And you're going?

Hope: I'm going to be right there.

SerVaas: What do you do for exercise besides golf? Do you like ballroom dancing?

Hope: I did a dance routine with this fellow who is the biggest builder of apartments in the country, Alex Spanos, who lives in Stockton. And this came about in a funny way, because he was flying me to Denver, and he's a dear friend of mine. I was doing a little two-step in the airport, this was during the air traffic controllers' strike and he couldn't get his plane out. So I walked over and did a little two-step, and he said, "How do you do that?" And I taught it to him and he decided that we should do a dance routine at his next big benefit in San Francisco, which is now for the Betty Ford Rehabilitation Center and two children's hospitals. We put together a "gimme the old soft-shoe, I mean the old soft-shoe" routine. The next two years, we did another routine and another routine. This is the sixth year. This is a businessman who would rather dance than build apartments or anything. So I danced with him, and that's *when I feel the*

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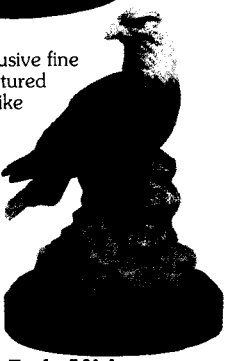

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best, when I dance. Nobody looked at me, they just looked at him.

Stoddard: You were a song-and-dance man originally, no comedy. "Roberta" was your big number, your first big hit?

Hope: Yes.

Stoddard: And that was strictly song and dance?

Hope: Yes, I taught dancing, too. I was taking lessons for about a year and this fellow, John Root, the teacher, had to come to California for his health, and I took over his school and taught dancing. And so I taught Alex Spanos. He can get up there and do a buck and wing, do a soft-shoe, do eccentric dancing, everything; he is marvelous.

Stoddard: Did you campaign for President Reagan?

Hope: Yes. Nancy called me the last couple of days of the campaign and asked me. So I went to Cincinnati and then Peoria with the President. And we found out that we both go to the same ear doctor, Dr. House, down here. And I said, "I have to get up in the morning and take my niacins." He said, "You take niacin too?" And I said, "Yes, every day."

In the morning they sent this man over to get me down to his suite, and when I walked in he was talking to Meese, eating a banana and having Sanka. That was his breakfast.

SerVaas: That's great. Better than eggs and bacon.

Hope: Right.

SerVaas: President Reagan has an all-in-the-ear kind of hearing aid. Those are marvelous. They can put them all the way in. You can't really see it.

Hope: Really? (laughing) You know I do a whole routine about Jimmy Stewart, and one night on the Carson show, I said, "You've got a hearing aid. What kind is it?" He said, "7:30." If Reagan wears one, I am glad to hear that, because when I saw that thing in his ear I thought he was bugged. He wears it in his right ear because he doesn't want to hear from the left. [laughter] A hearing problem is a terrible thing. The wife of a friend of mine has a hearing problem, and every night they'd go to bed, he'd say, "You want to go to sleep or what?" and she'd say, "What?" They had 18 kids before she had her ears fixed. [laughter] These jokes all came out of this show I do for Dr. House.

SerVaas: A fund raiser?

Hope: Yes. And we've been doing that for about five years. And so I have a lot of those jokes. He's a marvelous man, Dr. House. He does so many great things. He and his brother Bill. They show these things on the screen of a kid getting his hearing for the first time. It makes you cry. Knocks you out.

"They're making home computers more like humans everyday. This particular model blames its mistakes on another computer."

SerVaas: Do you have a whole battery of doctors? I mean, do you have a cardiac man and a gastroenterologist?

Hope: [Laughing] I have the Eisenhower Medical Center. And I have a doctor over here, Dr. King, who handles any problems I have. Then I have doctors at Palm Springs. They're all good.

SerVaas: Have you ever had a test of your lung function where you blow into a spirometer, the new kind with a computer on it? You put in your age and your sex and your height, and it tells you exactly what your vital capacity is and what it ought to be.

Hope: I had everything in the New York hospital last year. I never dreamed that they'd give you an examination like that.

SerVaas: But you blew hard into a spirometer and you did all that?

Hope: All that stuff. Every bit of it. I never dreamed that they could do it. How you could watch the heart on a screen too. Like a calf's liver pumping. It scared me. You're looking right at it. And what's the other thing they do with your head that they put this whole thing on your head and they twist your head?

SerVaas: An electroencephalogram to look at the brain waves?

Hope: They never stopped and the only thing they could find wrong was this hemorrhage in my right eye. The blood man came to me one night at the New York hospital and said, "You go, you go to Lebanon, you're in fine shape."

SerVaas: Your cholesterol's great? You don't have high cholesterol?

Hope: I kind of watch that a little bit, you know?

SerVaas: You don't eat shrimp?

Hope: Not much. I don't eat pork, but I love roast beef.

SerVaas: It has a lot of hidden fat in it.

Hope: Dolores is on the board of Mutual of Omaha. And they give her those Omaha steaks. They are the greatest things. They jump up and bite you. Nothing that good could be that bad for you.

SerVaas: Oh, well, Bob, if you don't eat them too often.

Hope: Why do they give a fighter thick steaks?

SerVaas: They don't any more. The smart ones eat lots of potatoes and carbohydrates.

Hope: C'mon now.

SerVaas: They carb up.

Hope: Now, really?

SerVaas: Oh, yes, I hear athletes don't go for steaks anymore. They carb up.

Hope: Let me tell you about these guys at the All-American teams. And let me tell you about Michigan and UCLA. They go to this roast-beef place here and eat five or six helpings of roast beef. I do gags about them—that the players bit the waitress and the doorman on the way out.

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SerVaas: Steak at the training table is supposed to be on its way out. It stays in the colon too long. To really get good energy, these runners and Olympians are now going for high carbohydrates and less meat.

Hope: That's hard to believe. I do the Big Ten every year. Great group at the Paladium. They have like 2,000, and Pat O'Brien and I were regulars until he passed away last year.

SerVaas: You drink at night before dinner but not after dinner, right?

Hope: Just a little wine at dinner, maybe. I don't drink. I used to drink quite a bit, but they took me off of it. I used to mix a daiquiri with fresh lime and pineapple. The greatest you ever had. Six drinks and you walk right up the wall. Just marvelous. Really.

SerVaas: At 80, do you start missing some friends? Bing and some of your close friends?

Hope: Jack Benny.

SerVaas: But you have a lot of new friends.

Hope: Yes, but it's hard to replace those cats.

SerVaas: If you were going to put a cover line on the *Post* for this definitive article about Bob Hope, how would you describe yourself in three words?

Hope: You can't say it in three words.

SerVaas: We'll say it in a lot more than that on the inside, but on the cover say. . .O.K., six words?

Hope: I'd say, "Which way is the golf course?"

SerVaas: Starting the interview, we thought of the fountain of youth and we would get all your secrets for health, but you haven't done anything a lot of other people haven't done.

Hope: I have more fun because I'm lucky. You know my business is a fun business. I'm around people doing humor, writing humor. I'll call them up and they'll tell me the latest joke, and this joke and that joke. And if I had saved all the jokes that I've been told over the phone over the past 25 or 30 years, I'd have 19 books out. I don't think you could print them but I'd have them. *I think the positive side helps your stomach, helps your everything. It's got something to do with the juices. You know how good you feel when you go into a party and people laugh with you. Medical science is finding that out.* I get up every morning at ten because I work late at night. So I don't have the phone bothering me. And I sign things and all that kind of stuff. That's my schedule. Then I'm on the phone, zoom, zoom and then, like today, I have to run down to dubbing and check a lot of things. If I'm on that phone and talk to one of my writers, we get into a laugh thing. It really starts the day. You feel much lighter about everything. You're in a more positive mood about everything. *I think that's the big secret.* ❦

[More of Bob Hope, his mirth, his money, his mate and his merry highway to health, coming in the July/Aug. Post.]

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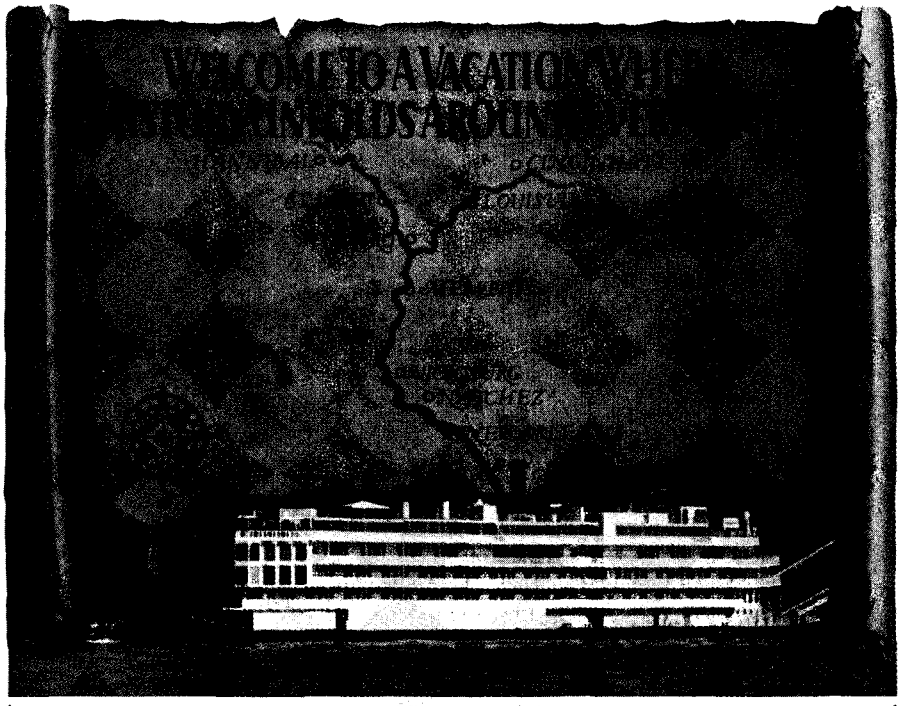

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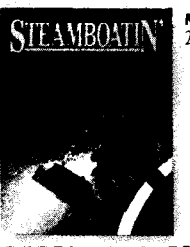

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NORTH CAROLINA: INSIDE THE OUTER BANKS

Interest rates are high in the Outer Banks as North Carolina celebrates the 400th anniversary of the first British colony in North America.

by David Barudin

Thoreau wrote about Walden Pond that people who came out to fish left with something much more than their strings of perch for dinner—just by being there for a few hours. The visitor who drives on Wright Memorial Bridge across Currituck Sound to these Outer Banks of North Carolina will feel the same way. And he doesn't even need to bait a hook. The barrier islands are a world separate and alone, a thinning splinter of sand 120 miles long and barely a good football field wide in many places.

Connected to the mainland by one bridge and a network of car ferries, the Outer Banks are composed of sandy villages, tall lighthouses and seemingly endless water. There are more sea gulls and pelicans than human inhabitants. And the native Bankers like it that way. Even popular Nags Head, with its nest of hotels and obligatory honky-tonks, is a sparse seaside town compared to resorts such as Virginia Beach and Myrtle Beach.

One well-maintained two-lane highway runs the length of the barrier islands, from Kitty Hawk on Nags Head to Ocracoke village. U.S. 12 ends there and ferries continue to the mainland. For most of the 120 miles, one can only occasionally peer through dunes and see ocean and sounds. But an uplifting experience of solitude awaits those who park and hike the short distance to the water.

There they can count on being the only souls on miles of unspoiled beach. The area looks as it did when the first English in the New World set foot here in 1584: broad beaches and capes, marshlands and inlets and sounds lying like blue green quilts thrown between the many tiny islands.

A trip down-island isn't marked as much by its towns—Rodanthe, Waves, Salvo, Avon, Buxton, Frisco, Hatteras—as by three lighthouses: Bodie Island, Ocracoke and Hatteras. The dramatic black-and-white spiral design of the Hatteras light is a landmark on the North Carolina coast. The tallest brick lighthouse in North America (208 feet), it is the only one of the three lights open to the public.

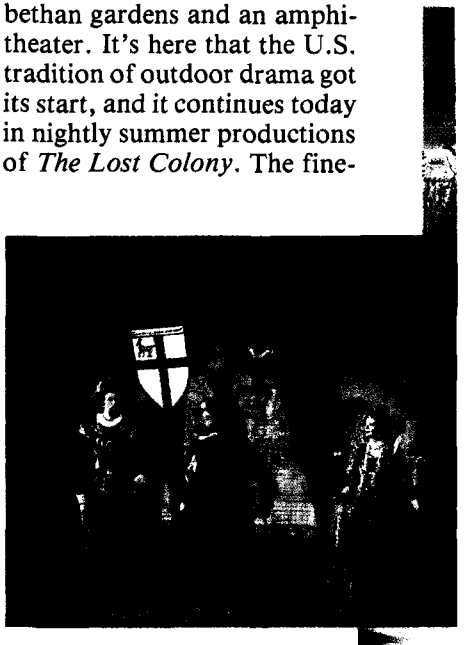
The National Park Service maintains the Hatteras light against the ever encroaching sea. Officials are now facing the inevitable question —how much longer? It's only a matter of time until Cape Point, dangerously close to the breakers now, recedes around the lighthouse. At its base is one of the early life-saving stations that were spaced every seven miles apart on Hatteras. Prior to the inception of the U.S. Coast Guard in 1915, these volunteers and their horse-drawn boat wagons were the only help for foundering sailors.

The National Park Service protects 60 percent of the island chain—45 square miles of Cape Hatteras National Seashore and extensive wildlife refuges such as 10-mile-long Pea Island. Observation platforms lie near snow geese in winter and among egrets and the wading, shore and upland birds from spring through autumn.

NPS visitors centers on each island are clearing houses for a full schedule of free films, programs, historical tours and guided nature treks around their region, for children and adults. The park service also runs five campgrounds with showers, potable water and modern facilities. A family can stay for as little as $5 a night.

The environment and history of the Outer Banks are distinct from the mainland's. The area's history is so full of shipwrecks that this coast is known as the "graveyard of the Atlantic." The reputation was started by the first recorded hurricane, in 1585, one which claimed a ship and seven Elizabethan sailors trying to plant England's first colony on Roanoke Island. [See sidebar on "America's 400th Anniversary" and the Lost Colony.]

What happened to that first British settlement in North America, no one really knows. Marking the spot are ten acres of beautiful arboretum, Elizabethan gardens and an amphitheater. It's here that the U.S. tradition of outdoor drama got its start, and it continues today in nightly summer productions of *The Lost Colony*. The fine-



(Above) *The Lost Colony*, an outdoor drama written by the Pulitzer Prize winner Paul Green and directed by Joe Layton, a veteran of Broadway, reconstructs the fate of the first English settlers in the New World. (Right) The monument near Kitty Hawk, site of Wilbur and Orville Wright's historic flight.

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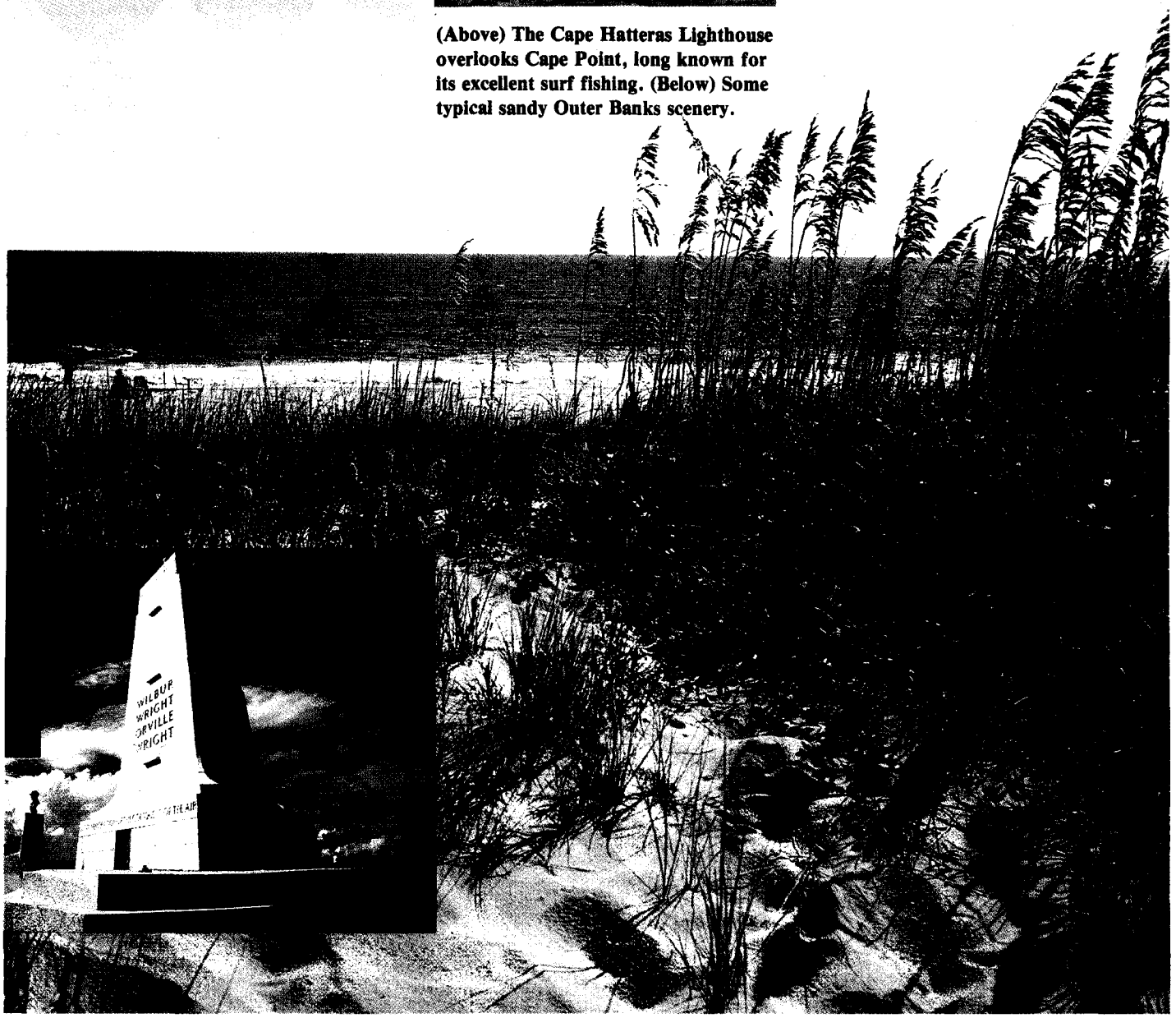
ly crafted drama by Pulitzer Prize winner Paul Green, now in its 45th season, tells a tragic story about those first settlers.

The Spanish pirates and Blackbeard, who made Ocracoke a base of operations, came later, as well as the wreckers who gave Nags Head its name. These ambushers would hang a lantern around a horse's neck at night to give passing ships the illusion of safe harbor. When a ship foundered on the sandbars, the wreckers plundered the cargo and killed the surviving crew.

But these shallow inlets and sounds that aided cutthroats like Blackbeard and Major Stede Bonnet, "the gentleman pirate," later brought a degree of commercial prosperity. From early colonial days through the outbreak of the Civil War, ocean-going ships had to offload their cargoes at Hatteras and Portsmouth on Portsmouth Island for transfer to smaller vessels that could deliver them inland. However, a siege of the supply routes by Union troops caused most of the Portsmouth islanders to leave in the 1860s and doomed the bustling Outer Banks seaports forever.

Today, Portsmouth is the best-preserved abandoned village on the barrier islands. The park service plans to restore the original buildings as a cultural exhibit of the life of early Bankers. By following the self-



(Above) The Cape Hatteras Lighthouse overlooks Cape Point, long known for its excellent surf fishing. (Below) Some typical sandy Outer Banks scenery.

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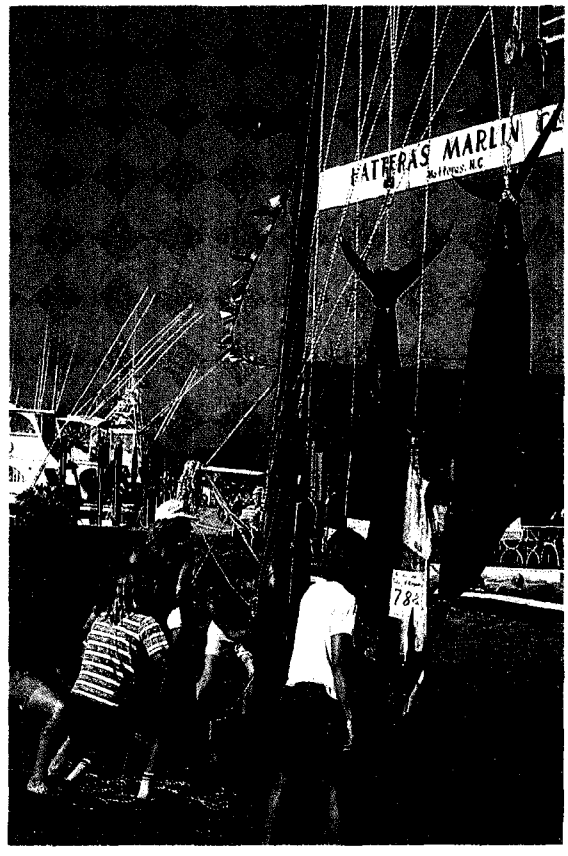
guided walking tour, visitors can see how these rugged individuals lived and worked in an often hostile environment.

The Outer Banks, lying directly in the path of storms, have always been subject to hurricanes. At least 150 have been recorded since 1585. At the end of the 19th century, storm after storm lashed Shackleford Banks. Gradually its people moved across the sound to a place they called "The Promised Land," close to Morehead City on the mainland.

In 1903 history was made when the Wright brothers chose the steady prevailing winds of the Outer Banks and the mountainous dunes at Kitty Hawk to prove man could fly. Today, from U.S. 12, hang gliders flock under the Wright National Memorial at Kill Devil Hills, near the reconstruction of Orville and Wilbur's camp and flying machine.

Along U.S. 12 are signs for marine resource aquariums, for shipwrecks left high and dry like skeletons on the beach and for chowder houses serving up the freshest seafood you'll ever eat. Local attractions include the Ghost Ship fun house in Nags Head, boat charters and a 16th-century sailing-ship reproduction, *Elizabeth II*, open for visitation in Manteo Harbor. And there are formal gardens, historic Fort Raleigh, the revitalized turn-of-the-century Manteo harborside, sand and sun, oystering, crabbing and fishing.



Bill-fish tournaments are held in the Banks through the fall fishing season. You, too, can catch a marlin, like those above, on your own chartered boat.

The touristy attractions slack off as you cross Oregon Inlet to Hatteras Island and then take the car ferry to the quiet isolation of Ocracoke. By the time you're there, highway signs no longer point out tourist stops.

If you want to fish, fine: There are 14 miles of ocean-front. Or roam Ocracoke village around Silver Lake. Spring and fall are good seasons for a visit. The crowds are gone and the fishing peaks. Seven fishing piers can be found from Kitty Hawk south to Hatteras.

Rent a clam rake for $2 and wade the warm, shallow sounds to the west, or spend $450 to charter a group trip 30 miles eastward to the Gulf Stream and search for white and blue marlin, wahoo, tuna and sailfish. Until recently, the Oregon Inlet Marina on Nags Head held the record for blue marlin with a 1,142-pound catch.

For about $175 a day, a party of four can charter an inshore boat for drift fishing or wreck fishing for the same varieties taken from the surf plus black bass, amberjack, barracuda and king mackerel.

And even if you don't catch a thing, you'll at least have had the benefit of those "few hours."

America's 400th Anniversary

In 1584, English explorers came ashore on Roanoke Island in North Carolina's Outer Banks and claimed a sizable chunk of the New World (from present-day Pennsylvania to South Carolina) for Elizabeth I, England's Virgin Queen. She called the new land Virginia after herself, and the golden age of English empire-building began.

In 1984, North Carolina celebrates America's 400th anniversary with British-American symposiums, symphonic dramas, an Elizabethan sailing ship, sand, surf and much more.

In this country, the 400th anniversary is begun June 2, 1984, by a two-week British-American festival at Duke University in Durham, North Carolina. Co-sponsored by the state's department of cultural resources and the Smithsonian Institution, the festival hosts top U.S. and British scholars and professionals in a symposium covering science, foreign affairs, politics, media and law as well as a full calendar of athletic competition and performing arts. Highlighting the festival at Duke will be the premiere of an opera, *Raleigh's Dream*, by the Scottish composer Iain Hamilton.

The three-year array of activities across North Carolina slated for the 400th celebration will continue until August 18, 1987, the 400th anniversary of the birth on Roanoke Island of Virginia Dare, the first English child born in the New World.

Manteo, on Roanoke Island, will be the center of attention for most of the celebrating. Festivities will be inaugurated on July 13, 1984, by the launching of Elizabeth II, a three-masted reproduction of an Elizabethan sailing ship.

A major festival will take place i Manteo at the launching, and plans cal for a visit by the British royal family The little harbor town of 900 permanen residents is dressing up with an $8 mil lion face-lift. The waterfront, restore to its turn-of-the-century look, will spor new restaurants, shops, condominiums a marina and a 48-room inn, all con nected by boardwalks. A $1.4 millior visitors center will be the reception cen ter for the state's ongoing activities.

During the 400th anniversary, majo archaeological work will be undertaker at Fort Raleigh to rebuild its six-foot high earthen walls and to try to find evi dence of the so far undiscovered English settlement.

Other important digs to which the public is invited will seek to unearth the secrets of the Indian capital, Chowanoke, 65 miles inland from Roanoke

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The Car

continued from page 55

out on the bus! My, when we got this car, when we got this new car and mother said to get five keys, if I'd ever dreamed it'd come to this, that this would be the way it would be, Sunday, I'd—"

"You mean, she's to have the car?" Dick asked. He got up from his chair. "Well, I like that! A little movie stuff, a little next-to-tears stuff, and—"

"Settle it between you!" Mr. Barton said. "Leave me out of it. I'm through. I'm gonna go read this paper, if I can get a chance, and then I'm going to phone those men and go wait for my bus." He slammed the paper down on the breakfast table, turned toward the kitchen and then came back to pick up the paper.

"Aw, say," Davie said, with that sympathy the absolutely licked have for the licked, "dad oughtn't to have to take the bus out there!"

"He doesn't have to," Sara Louise said. "I'll take him out and pick up his friends on the way. I'll take him out as soon as I get my lunch together and get dressed . . . . What is there besides those pieces of chicken, mother? I meant to tell you I'd need a lunch, and I forgot it."

"I'm going to wash the car now," Dick said as he went out the porch door, "and then I'm going to use it."

"There's potatoes," Mrs. Barton said. "I boiled them last night. You can make potato salad; they're still in their jackets."

"Oh, that takes much too long, mother," Sara Louise said. "Unless you'd have time to make it for me, would you? Dad and Dick have wasted all this time. And I have to dress yet. Mother, I wish you or father would speak to Davie; he shouldn't say such things about people he doesn't know and couldn't possibly appreciate."

"Suppose you speak to me!" Davie said. "Here I be!"

"Potato salad's easy, dear," Mrs. Barton said. "I'm sure you've seen me make it. You didn't say you'd pick him up any certain time, did you? . . . Davie, would you carry in the dishes and pile them in the sink? We're just going to leave them."

"O.K.," Davie said. "Him as gets left don't just get left, he gets left with the dishes."

Mrs. Barton followed him into the kitchen. "I'm sorry, Davie," she said. "I'm sorriest for you."

"You know," Davie said, "I think I'll make a run for it. I think, when he goes up to dress I'll just go out there and get in and tear out. I got as much right as either of them."

Mrs. Barton passed her husband, where he sat in his favorite chair, the paper spread around him.

"Doggone it, Sally," he said. "I've a notion to take that car yet! It's not right they should have it every Sunday. I've a notion just to go out there, when he gets done washing it, and take it!"

Mrs. Barton stopped and kissed him, very lightly, on the top of his left ear. "I'm going for a walk," she said, "a good, long walk. I thought of it last night—that and some other things I'd like to do, and now I'll go dress."

"Well, I thought of things I'd like to do, too, and you see where it's got us," Mr. Barton said. He was still looking grimly at the news when Mrs. Barton came down, cool and pretty in a white linen dress, white shoes, hat and gloves.

"You look nice, Sally," her husband remarked.

"You—wouldn't like to come with me, Joe?"

Mr. Barton smiled and shook his head. "Thanks, Sally," he said, "this is the one day I've got, you know, for a little golf."

Mrs. Barton turned in the door to smile back at him. "You have a good walk, mamma," he said.

"I will; I'll have a lovely walk," Mrs. Barton said. When she smiled she put her head on one side, and her eyes crinkled in a way Mr. Barton remembered she used to do when she was a girl and he was courting her. It was almost as though she had winked.

She went out through the kitchen, where her daughter was making plain bread-and-butter sandwiches. "Plain bread-and-butter sandwiches are really smart, don't you think, mother?" she asked.

"Very," Mrs. Barton agreed. "Good-bye, dear."

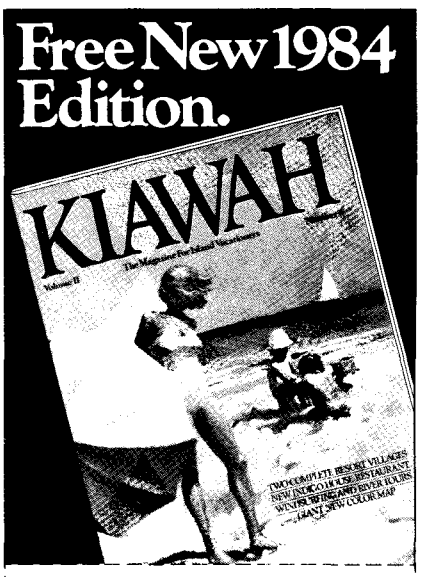
"Oh, are you going out, mother? I wish you'd had time to help me with the potato salad. I'm not sure I know—"

"Hey, sis," Dick called from out at the car, "will you bring me out your key? Left mine upstairs. Gotta sweep out the car. Mamma's left it locked."

Mrs. Barton came out the kitchen way and stood a moment on the step, framed in blue and purple morning-glories, to pull on her gloves.

Island, where survivors of the Lost Colony may have ended up. Searchers hope to find enough artifacts to support a theory about the fate of the abandoned colonists.

But even if nothing new is learned about these first English in the New World, at least multitudes of visitors will have enjoyed the unique aspects of America's 400th, bicultural birthday party, soaked up the beauty of the Outer Banks and had the chance to hear John Borden Everyman speak the closing lines of Pulitzer Prize winner Paul Green's *The Lost Colony*: "Let the wilderness drive us forth as wanderers across the earth, scatter our broken bones upon these sands, it shall not kill the purpose that brought us here. And down the centuries that wait ahead there'll be some whisper of our [illegible] some [illegible]ion and devotion to the dream that brought us here."



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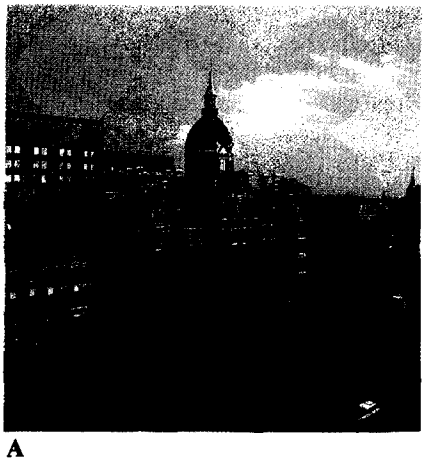
Where in the World?

The buildings below are spectacular, but most ayes are for the little girl on the rock.



A

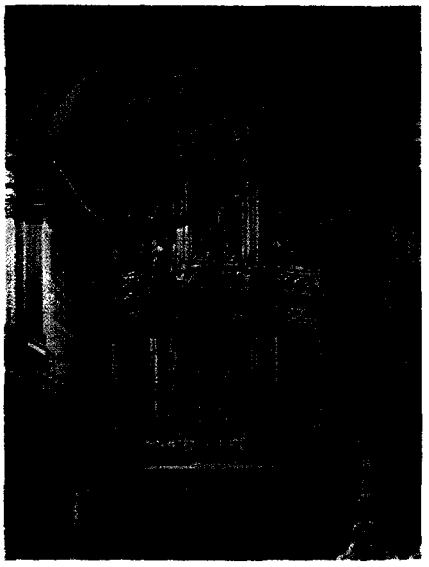
- ☐ *Baltimore*
- ☐ *Boston*
- ☐ *London*

This renowned university is perhaps best known for its medical school. Less well known is that the meds were admitting women on the same terms as men by 1893 and that the university maintains the oldest continuously operated university press in the United States.

B

- ☐ *Copenhagen*
- ☐ *Stockholm*
- ☐ *Oslo*

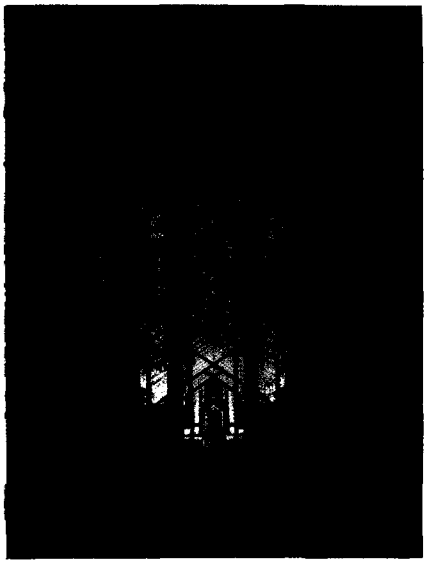
"Den lille Havfrue," always wholesome, is also whole once again, much to the delight of visitors to "the Paris of the north." The world-famous statue by Edvard Erikson, located here since 1913, has suffered decapitation by pranksters more than once.



C

- ☐ *Mexico*
- ☐ *Peru*
- ☐ *Guatemala*

Looking at the site of this conquistador's tomb, one wonders whether the king of Spain received his full share of the gold from the New World. In any event, the tomb's occupant is assured a grander place to lie than his victims are.



D

- ☐ *Oklahoma*
- ☐ *Missouri*
- ☐ *Arkansas*

Time called this chapel, nestled in the Ozarks, "one of the most popular and widely publicized of new American buildings." E. Fay Jones is its architect.

(Answers on page 99)

"Say, where you going?" Dick asked.

"Why, for my walk," Mrs. Barton answered. "Didn't I tell you, Dick, I'm going for a walk?"

"Well, you sure look nice."

"Thank you, thank you, son," Mrs. Barton said.

"Say, you don't have your key with you? You left the door locked."

Mrs. Barton came out to the car. "I'm going to cut down the alley," she said, "and then just strike out; just go where fancy leads me."

She put her gloved fingertips on a fender and said, "Have a good day, car!"

"Why, mom," Dick said, running his wet fingers through his hair, "what are you doing, a Billie Burke?"

Mrs. Barton laughed, and her cheeks were uncommonly pink. "No," she said, "I'm doing a Sally Barton, going for a walk, a good, long walk. I doubt I'll be home until suppertime. I planned it all last night."

"Well, be good," Dick said.

"All right. You children be good," Mrs. Barton said, and she went, really trippingly, down the narrow walk between the budding hollyhocks.

When she came to the end of the alley, Mrs. Barton turned left and walked briskly along the street, walked like a woman who may very possibly be followed, and who still does not wish to appear that she expects, quite possibly, to be followed.

Across the street was a park, a very little and shamefully overgrown park, only a block square. Mrs. Barton remembered that she used to take the children there to play when they were little. She had quite forgotten the place. Now, looking at it, she thought it had a really unusual and inviting charm. She liked the very raggedness of the park. She came out of the shelter and crossed over to it. On one of its paths she found that she was quite hidden from the street. There were flowers, half-heartedly tended, hit-or-miss flowers, along the sides of the path. And some of the flowers were quite unmistakably wild ones.

She went on until she came to a bench, a worn and thinly painted bench, that she remembered, dimly, from other years. To come on the little park was like coming on a day

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out of life, lived and gone, a quiet and really lovely day.

She sat down on the bench, opened her white pocketbook and took out a handkerchief. She took off her hat, laid it on her knees and wiped her forehead and throat.

Birds sang in the park trees. Beyond their singing she heard the steady, intermittent whine of cars shuttling past the little park on its far sides. She heard the bumping bounce they took as they crossed the streetcar tracks. She wondered just how many of them were fleeing from a home, from a family, with Sunday wishes slain, behind them. She thought of Joe and wished she could tell him of that thought. She knew what his careful answer would be: "About 90 percent," he'd say slowly. "I'd say just about 90 percent, Sally."

A young woman wheeling a perambulator came along the little path. Mrs. Barton smiled at her. She liked babies. The woman stopped when she saw Mrs. Barton smile and wheeled the perambulator back and forth with one hand.

"It's a lovely day," Mrs. Barton said, "isn't it?"

"Yes, it is," the young mother replied. "I thought baby ought to be out in it. We don't have a car."

"He's a fine boy!" Mrs. Barton added.

"Well, we think he's pretty fine," the mother said, and she sat down beside Mrs. Barton. "I just thought I'd take him out awhile, and it's just a nice walk over here from our place. It's a nice day to go for a brisk, long walk."

"Yes, it is," Mrs. Barton said. "It's a lovely day. I planned last night, before I went to sleep, I'd have a walk today. You know how you plan things, sometimes perfectly wild things, when you're trying to go to sleep?"

The young mother nodded. The baby whimpered and squirmed against the strap that held him in his stroller.

"Here, here," Mrs. Barton said, "he's not to cry, he's not to cry on such a lovely day!"

She reached into the opened purse on the bench beside her, took out a little ringed chain and dangled it, tinklingly, before the baby's reaching hands. From the ring hung five little keys—small, shining, identical ignition keys. ✖

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Airline

continued from page 36

sengers, and none of them knew. I found it unnerving.

POLLSTER: Which is closer?

ME: I still don't know. I got off in Cincinnati. Another time I was flying to Topeka, and the stewardess announced that they wouldn't be serving cocktails due to the turbulence.

POLLSTER: What's wrong with that?

ME: When there is turbulence is the most important time to serve cocktails. It would make more sense to serve *extra* cocktails. Or they could just chuck around a lot of those little bottles.

POLLSTER: Sir, do you have any opinion about pilots?

ME: I think they are all great men.

POLLSTER: Really?

ME: Every time I get into a plane, I say to myself, "The pilot of this craft is a great man who can surmount any obstacle." I say it several times.

POLLSTER: That's a wonderful attitude to have.

ME: I do have one small criticism, though. Pilots should learn which button to push for talking to the control tower and which is the button for talking to the passengers. On a flight out of Salt Lake City, the pilot started asking the passengers for landing instructions.

POLLSTER: Good point. "Pilots should master the intercom button."

ME: I think it tends to detract from the image one likes to have of the men up front. Incidentally, do you know how come, if the plane is airtight, there are little specks of dirt between the double panes of the windows?

POLLSTER: No.

ME: O.K. Also, it would be helpful if the crews got familiar with funny noises their planes tend to make.

POLLSTER: Just what do you mean by "funny noises"?

ME: Flying up to Maine one time, the wing started making a funny noise. During takeoff and landing. Sort of a "whoot-whoot," like a foghorn.

POLLSTER: What did the stewardess say about it?

ME: She said, "What funny noises?"

POLLSTER: I see.

ME: Well, the man next to me heard it too. As he was getting off in Portland—I was staying on—he said he had been on a plane whose landing gear went bad and they had to belly-land on the ice. He thought this might be a similar problem. But then, when we took off, the stewardess heard it.

POLLSTER: And what did she say?

ME: "I'll be damned." Or "darned," maybe. It turned out they changed the propeller angle on takeoff and landing and the wind makes that noise. At least that's what she said the pilot told her.

POLLSTER: Do you feel stewardesses are sufficiently communicative?

ME: *Over*sufficiently.

POLLSTER: What does that mean?

ME: In Seattle, a stewardess leaned over me while we were refueling and said she was watching the ramp men—the ground crew. When I asked why, she said she had been to a science-fiction movie the night before in which the ramp men were all Martians and had eaten the wings off the plane.

POLLSTER: But surely, a movie—

ME: I don't believe there ever was any such movie.

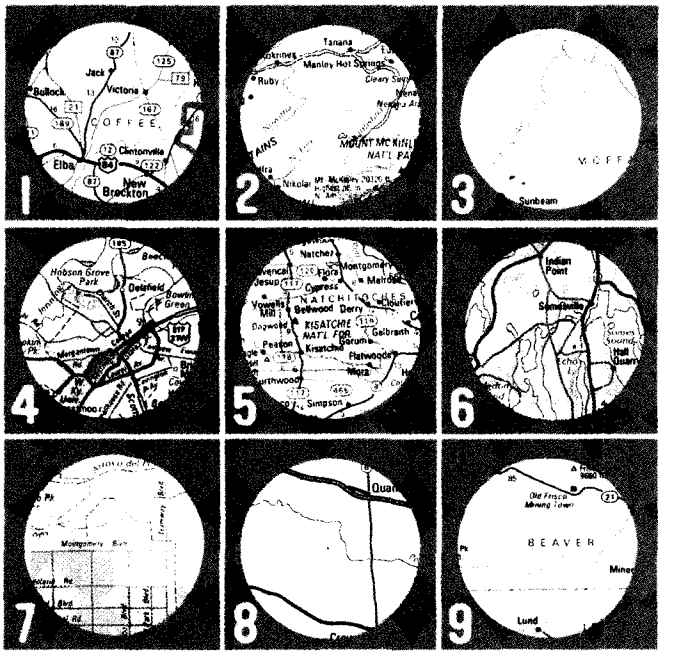
POLLSTER: I see.

ME: I don't want to be arbitrary, but I don't think girls who have fantasies about ramp men eating the wings off their planes are cut out for air travel.

POLLSTER: Well, sir, thank you very much for your thoughtful answers.

ME: It was a pleasure to serve you.

On second thought, maybe the airline people should stick to flying and not ask questions.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 99)

Vets on Pets

continued from page 26

loss. Changes of more than 5 to 10 percent from ideal should be accompanied by changes in the amount or type of food fed. Moderate work increases a dog's requirement for food by about 40 percent. Dogs decrease food intake when the temperature rises above 77° F. and increase food intake when it drops below 50° F.

The dietary needs of the growing puppy or the older dog are quite different from those of the average adult dog. *Time-limited* (20 minutes) *feeding* of a quality, highly digestible food is recommended for growing puppies. From weaning to 6 months of age (12 months for giant

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breeds) feed them three times a day, and from 6 to 12 months of age (12 to 18 for giant breeds) feed them twice a day. Overfeeding or supplementing the growing dog with additional calcium or phosphorus may result in skeletal problems.

Older dogs require fewer calories, because of reduced activity. Their food should be highly palatable and digestible. Reduced protein, phosphorus and sodium intakes are extremely important for the older animal because of kidney and heart changes. Increased dietary intake of unsaturated fatty acids, zinc, lysine, calcium and vitamins A, B-1, B-6 and E may be helpful.

Remember that more is not always better; underfeeding is preferable to overfeeding. Consult your veterinarian before supplementing your dog's diet with vitamin mineral preparations. Dogs do not need variety; avoid snacks and table scraps. The average life span of the dog is 12 years, and longevity can be increased with good care and good nutrition.

Questions for the Vet

Dear Dr. White:

Recently I purchased a basset hound from the humane society in Indianapolis. His age is between eight months and one year. My question is in regard to the type of dog food I should be feeding him. The humane society suggested a puppy chow, but he is the size of a full-grown dog and this doesn't seem to satisfy him. What about generic dog food? Does it have all the nutrients and vitamins that the brand-name dog foods have? Thanks for your advice.

Angela Sandhage
Indianapolis, Indiana

Dear Ms. Sandhage,

Generic dog foods are usually produced and marketed in a local area and contain the least-expensive ingredients available in that area. Although there are certain to be exceptions, generic-brand dog foods are usually of lower quality than those produced by major national companies that can afford to spend time and money on research and more expensive ingredients.

I suggest that twice a day you feed your puppy all of a good-quality puppy food that it can eat in 20 minutes. Also, if your puppy has not recently been checked by a veterinarian, please make an appointment. Internal parasites or disease might be the cause of your dog's large appetite.

H.E.W.

Dear Dr. White:

Our cat will bleach out in spots—like a brush burn—and blood will spurt out like a broken capillary. She gets these all over. We've had her to vets, and one said she was infecting herself by scratching. Another said it could be food allergy. We had her on a chicken-and-rice mixture along with steroids and ointment. She cleared up some—never entirely. Another suggested cause was hormone deficiency to be treated twice a week for the rest of her life. I'm a retired senior citizen and can't afford that. I hesitate having to have her put to sleep, but the blood spots on the walls and floor are very annoying, and she does look like she's neglected.

Can you possibly tell us what is wrong with her and suggest a treatment for her?

Jean Berda
Washington, Pennsylvania

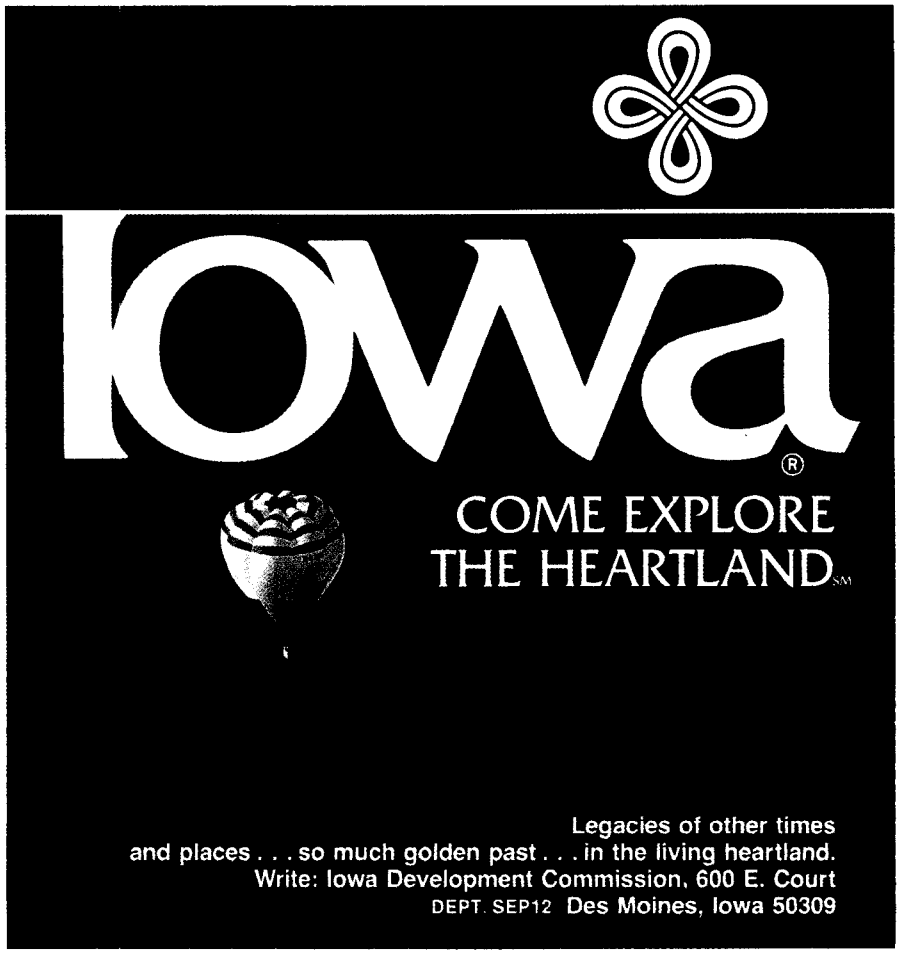
Dear Mrs. Berda,

It does appear that your veterinarians are actively pursuing the causes of your cat's skin problems. Often, in the case of allergies, the cat must remain on steroids for the rest of its life if the cause of allergy cannot be determined and removed. This isn't ideal, because steroids are not a cure and can cause side effects.

Hormone deficiencies *can* cause skin problems. You might give the hormone treatment a trial period. If it elicits improvement over a specified period, it's worth the expense.

Skin problems can be difficult to diagnose and treat, and I realize that veterinary medicine is often limited by economic considerations. I hope that through mutual patience and understanding, you and your veterinarian will find a solution that will offer relief to the cat. I am sure that the bond between you and your cat is quite strong.

H.E.W.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Szent-Györgyi

continued from page 42

to produce it in one month."

He expects his coworkers to do their own thinking. His nephew and long-time associate, Dr. Andrew Szent-Györgyi, says that Szent-Györgyi taught the essentials and left the rest up to the individual scientists: "Much of the trade we learned on our own. There was the prevailing attitude that to do research was tremendous fun and the most exciting thing one could do with one's life. 'Prof' was always a very hard worker with an unusual ability to concentrate on the formulation of questions in the simplest possible way. Even when Szent-Györgyi was wrong he did it in a glorious way."

Albert Szent-Györgyi was born in Budapest on September 16, 1893. On his mother's side, he is the fourth generation of scientists. His father was a wealthy landowner in Hungary. "My father was interested only in farming, and so my mother's influence prevailed. Music filled the house, and the conversation at the table roamed about the intellectual achievements of the entire world. I am a scientist, myself, because at an early age I learned that only intellectual values were worth striving for, artistic or scientific creation being the highest aim," Szent-Györgyi wrote in an autobiographical sketch, "Lost in the Twentieth Century."

At 16, Szent-Györgyi began to study medicine. When the First World War broke out, he served on the Russian and Italian fronts, won the Silver Medal for valor and returned to the university to receive his M.D., in 1917. He worked in laboratories at universities in Pozsony (Bratislava), Prague, Berlin, Hamburg, Leyden and Groningen. "Salaries were very low but allowed for a very modest life, which was happy and quiet," Szent-Györgyi remembered.

In 1927 he went to Cambridge on a Rockefeller Fellowship under the famed Sir Frederick Gowland Hopkins. There he isolated the reducing agent he had been working on at Groningen and crystallized it from oranges, lemons, cabbages and adrenal glands. The new substance was named hexuronic acid, the research paper was published and Szent-Györgyi received his Ph.D. from Cambridge University.

In hexuronic acid, Szent-Györgyi had discovered vitamin C, but he did not yet know what he had. To elucidate the structure and biological significance of the new compound, he needed much more than the few milligrams available.

In 1930 Szent-Györgyi accepted the chair of medical chemistry at the University of Szeged, Hungary. There he succeeded in isolating and crystallizing a kilogram of hexuronic acid from Hungary's favorite vegetable, the paprika. He determined that the compound was ascorbic acid, the vitamin cure for scurvy, that traditional woe of seafaring men. In 1937 Szent-Györgyi was awarded the Nobel Prize for his work on cellular respiration and his discovery of vitamin C.

"Now, don't jog so far you can't make it back home. It's costing us a lot for gas to pick you up!"

Then he shifted his extraordinary abilities and intuition to the biochemistry of muscular contraction. To see the muscles contract in the beaker and "to have reproduced in vitro one of the oldest signs of life, motion, was perhaps the most thrilling moment of my life," he said. Spin-offs from this work include current investigations on muscular dystrophy and a method now widely used for conservation of biological material such as sperm. In 1954 he won the prestigious Albert Lasker Award for his theory of muscular contraction.

Since 1947 Szent-Györgyi has done his research in Woods Hole, Massachusetts, where he is scientific director of the National Foundation for Cancer Research, a publicly funded, not-for-profit research organization established by Franklin and Tamara Salisbury. His work focuses on cellular regulation and cancer. In his conviction that cancer cannot be understood by any single approach, he and the foundation have organized a "Laboratory without Walls," which includes 60 laboratories in 14 countries working along different lines but having similar aims and pooling their scientific results.

Thirty years after I had attended that first lecture in Hungary, I witnessed a similar galvanizing lecture in the United States. The place was Boston, and the occasion was the celebration of the 80th birthday of Szent-Györgyi.

During his lecture, Szent-Györgyi was constantly in motion, hands outspread, clasped or lifted above his head like a prizefighter's. He hugged himself and rocked on his heels to illustrate a difficult idea. As he strode up and down the platform, the chemical formulas projected on the screen were printed momentarily on his lit-up, deeply tanned face. He ran his fingers through his white hair, and it stood up above his broad forehead and made an impish halo. "Very clever scheme the old Creator up there had thought up. It must have given him pleasure to think up such a scheme, don't you think?" he asked as he erased an equation from the blackboard with a swipe of his bare hand.

At the banquet that night he said, "The best thing in life is a good fight," the fight against disease being his arena. He referred to scientists as a family in their belief in the search for truth: "We are always

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one big family playing together.

"I never cared for honors, but I always like pleasure. Research is a divine service, a divine vocation. God is the artist and the greatest compliment you can pay an artist is to study his works."

On the weekend we drove to Cape Cod for the rest of the party. The first event was a tea at Szent-Györgyi's house on Penzance Point. Rain lashed our faces as we climbed to his house, but we stood for a minute at the door and looked out to the stormy sea where the Prof enjoys swimming against the rip tide. All his life, Szent-Györgyi has been playing whatever sport came to hand, volleyball with his associates, ice skating, sailing, excursions by rowboat and mountain climbing. One summer he traveled through Spain by motorcycle.

The Prof enjoys fishing in the ocean by his laboratory. He always uses a big hook, and when he was asked why, he answered, "I think it is more exciting not to catch a big fish than not to catch a small one."

At his birthday party Szent-Györgyi made a little speech: "I imagine you all came here—and I am

continued on following page

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WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

1. Alabama
2. Alaska
3. Colorado
4. Bowling Green, KY
5. Louisiana
6. Maine
7. Albuquerque, NM
8. Texas
9. Utah

WHERE IN THE WORLD

(Answers from page 94)

A. The Johns Hopkins University is the major institution of higher learning in Baltimore, Maryland. Its liberal arts, engineering and business divisions are located in a different part of the city from the medical school and the school of hygiene and public health. The latter are connected with the Johns Hopkins hospital, the domed building pictured.

B. *Fielding's Europe 1984* says of the Little Mermaid: "This charming statue, which reclines on a rock at the harbor shore near Kastellet, has come to symbolize Copenhagen."

C. Francisco Pizarro, a one-time swineherd, became one of history's best-known conquerors by humbling the Inca empire and executing its ruler, Atahualpa. Pizarro, eventually assassinated himself, was laid to rest in the city he helped found—Lima, Peru.

D. The nondenominational Thorncrown Chapel is located two miles west of the Inn of the Ozarks, Eureka Springs, Arkansas. Its name derives from Matthew 27:27-29: "And when they had platted a crown of thorns, they put it on his head. . . ."

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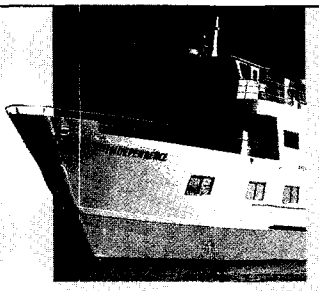

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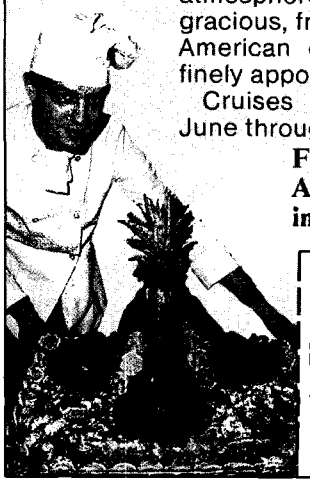

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The Prof enjoys fishing in the ocean by his laboratory. He always uses a big hook, and when he was asked why, he answered, "I think it is more exciting not to catch a big fish than not to catch a small one."

At his birthday party Szent-Györgyi made a little speech: "I imagine you all came here —and I am so happy you did come—and you thought to yourselves, 'We'll give the old fellow a good end to his life.' But I am just getting my second bloom!"

In September 1983 a group of famous scientists gathered at the Harvard Club of Boston to honor Szent-Györgyi on his 90th birthday. A symposium on basic cancer research was held throughout the day. The next morning Szent-Györgyi was back in the laboratory. Has he not said that patience is unacceptable in the search for a cure for cancer?

So the Prof is past 90 now, but it is too early to retire him. The bloom is still on Dr. Albert Szent-Györgyi, one of the greatest and most courageous men of our modern 20th century.

To this man who won the Nobel Prize nearly 50 years ago, neither past successes nor past failures are obstacles to his present concerns. "I never look back," he says firmly. "I only look forward."

420 Acres

continued from page 63

Plaza. During the busy seasons, like in summer and Christmas, this is a rest stop for the tour, with giant props of movies such as *The Land of the Giants* and *The Incredible Shrinking Woman*.

"We are now in the section called Pine Tree Row. It is used for many western scenes. It also was used for *Counterpoint*, a World War II film, in which it became a ski slope. They used white plastic shavings to simulate snow so the scene could be shot over and over. It worked well except for one slight problem. When you ski down plastic it tends to squeak. Now, we have an area where sounds are dubbed in. If an actor is walking in a gravel area, someone here will walk on gravel and the sound will be dubbed into the sound track. For the skiing scene, what they did was take a piece of Astroturf and a paper plate and rub the plate across the turf close to the mike. It produced a sound like the 'whooshing' sound you get when skiing down snow. Put that on the sound track, see them skiing and hear the sound and everything is normal.

"Here's where they do 'The Dukes of Hazard' and 'Fantasy Island.' And that large parking lot was used in our first *Airport* movie. They put down seven tons of plastic shavings to simulate snow and filmed it, with a mock-up of a 707, at 3 a.m. in the middle of summer. All the actors wore heavy coats and they all had to inhale cigarette smoke so when they spoke the smoke coming out of their mouths made their breath look frosted."

After the Collapsible Bridge and the Burning House we should have been prepared for Jaws. But the three villains in the van are casually discussing how scenes from the movie were shot right in this little lake and how the film people were thinking of doing another one called *Jaws III—People O*, when a man and the boat he is fishing from suddenly disappear beneath the surface.

"He's back!" they chorus. "Look, there he goes!" And sure enough, this yellow oil drum begins zig-zagging around the lake like crazy. "I wonder where he is now," Al says. "Maybe if we slide the van door open we can see."

With the door open, the van tilts sharply toward the water as this monster—it *had* to be 40 feet long, and half teeth —came charging up at us. And there we were, for one Right-Guard nullifying moment, eyeball to eyeball with Jaws.

Before our 2½-hour tour is finally halted for lunch, we escape in turn an avalanche, a wall of water, a giant spaceship, a runaway train and a furious laser battle. Enough to spoil a man's appetite. But it didn't. There's no fakery at Womphopper's Wagon Works; their lunches are ex-

You be the Judge

by John A. Ritter

Cynthia was one of the best basketball players on the high school girls' team, but along with several of her teammates, she grew tired of the game.

"We're still playing the old half-court game that went out of style with bloomers," she complained. "We should have the same full-court game that the boys' team plays."

When the school said it could not change the rules because it was a state athletic association policy, Cynthia's parents hired a lawyer to sue.

"It's unconstitutional to treat the girls differently than the boys," he told the judge.

The state association defended its rule because "it's traditional for the girls to play a less strenuous game."

If you were the judge, would you allow the girls to play by different rules than the boys?

The judge ruled that the girls must play by the boys' rules and explained that the half-court rule was outmoded and a violation of "equal protection of the law."

(Based on a 1979 federal case in Arkansas)

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actly as billed: "Outrageously delicious."

Then on to the "Screen Test Comedy Theater." Here, if you're the outgoing type, you can stick your neck out and volunteer to be made up, costumed and filmed in scenes involving everything from a bank robbery to escaping cowboys to a rip-roaring car chase to a side-splitting pie fight. All direct and taped by Universal professionals.

From here you can join a capacity audience at the electrifying "Adventures of Conan"—the sword and sorcery show, with Conan's beautiful companion, Red Sonjia. After 20 minutes of sitting through a battery of piercing lasers, scorching fireballs, hair-raising sword fights and a terrifying 18-foot tall, fire-breathing dragon as these magnificent body-building specimens battle their way out of the castle of the sorcerer, you'll find yourself shaking your head and exclaiming to anyone not too stunned to listen, "What won't they come up with next!"

Well, for one thing, Steinberg tells us they'll come up with a 6,200-seat state-of-the-arts concert auditorium, timed to open the day after the Olympics' opening ceremony.

"It is one facility in this town that's prepared for the international crowd coming to L.A.," Steinberg says. And he adds, "Some of the special things we are preparing for the Olympics will continue all summer—decorating the place with international flags, featuring ethnic foods, giving the tour in several languages."

But Universal Studios Tours won't have to be concerned with internationalizing some parts of its program for the Olympics, or any other time, for that matter. We refer not only to the Collapsing Bridge and that monster Jaws that tries to take a bite out of your tram, but some others we won't disclose, like the Burning House, the Runaway Train, the Flash Flood and the Doomed Glacier Expedition. After all, a scream is a scream in any language.

Disciples

continued from page 72

way for successor as the church's top salaried official, to be elected at the denomination's general assem-

continued on following page

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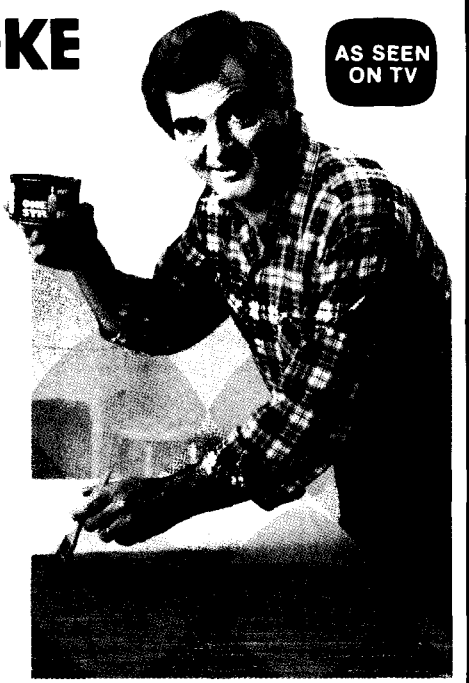

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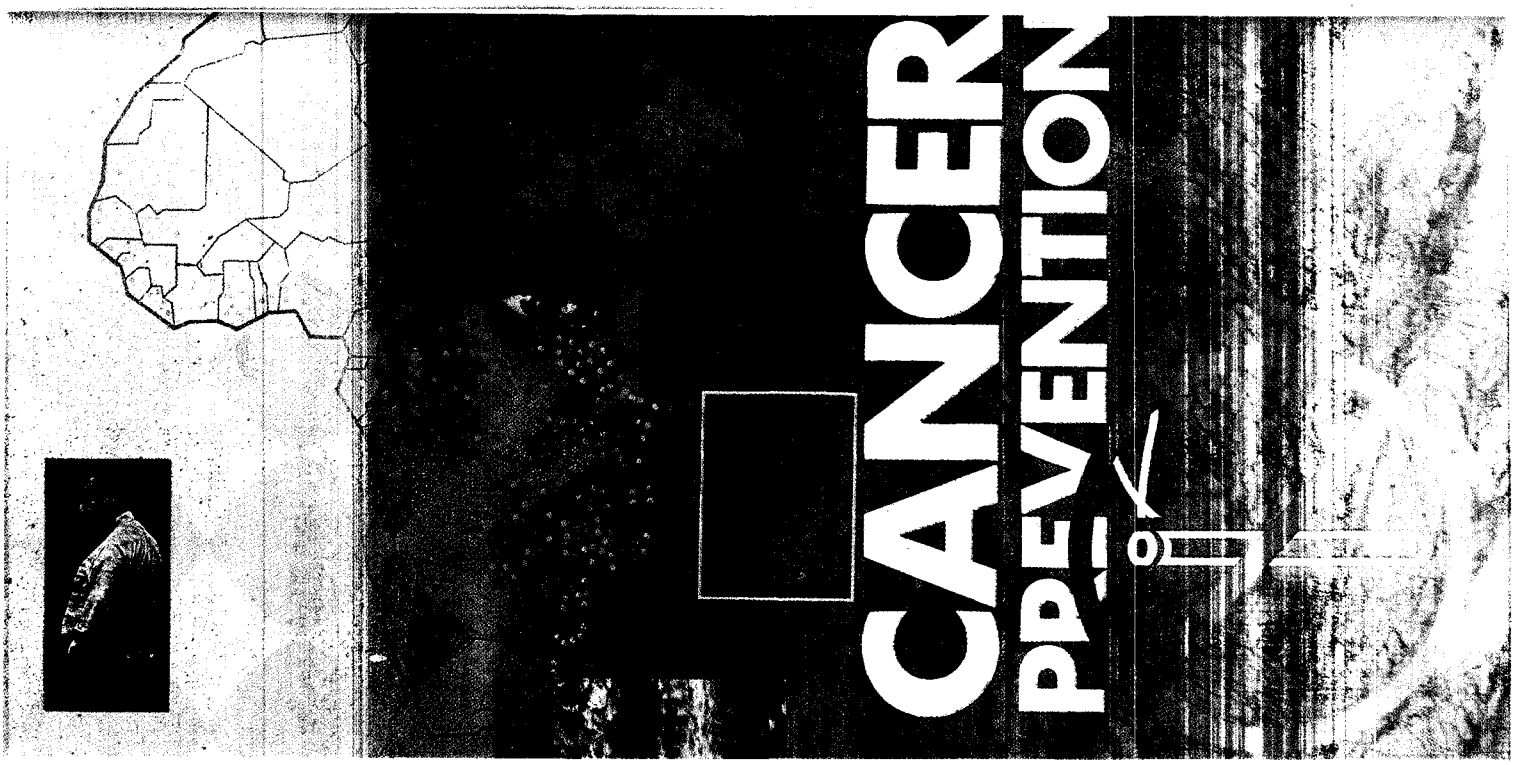

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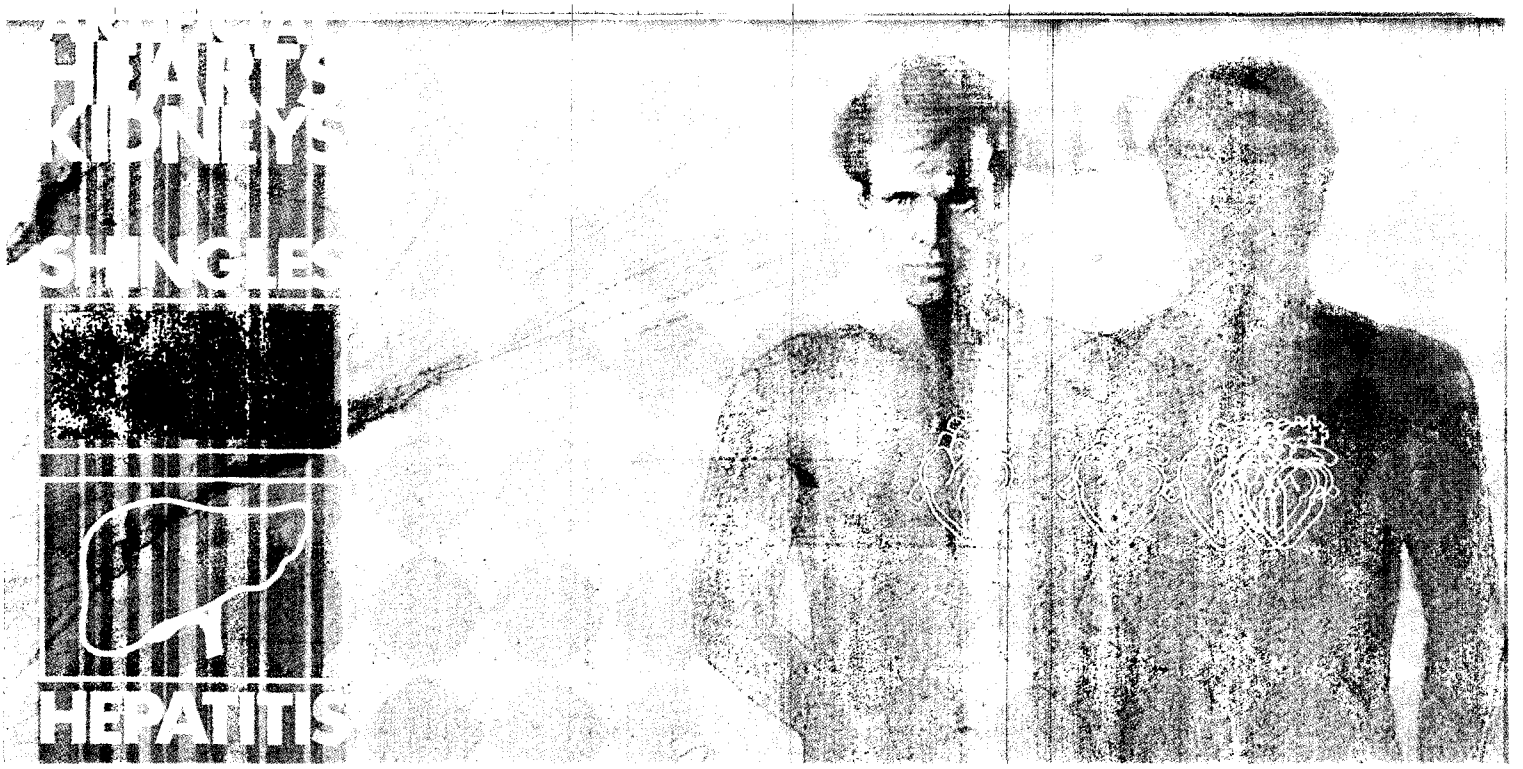

May 3
A "Nicotine Fix"

Now there is new help for those who wish to stop smoking. A new nicotine chewing gum lets you allay the desire for nicotine without the lung damage from harmful tars and carbon monoxide associated with smoke inhalation.

May 10
Shingles

A herpes virus is the culprit. Shingles is a painful recurrence of a latent chicken pox infection. For adults, this childhood disease strikes again, this time as shingles, as immunity wanes or is depressed.

May 17
Telethon

May 24
High-Fiber Diet

Native Africans may have the key to the prevention of gallstones, ischemic heart disease, appendicitis and diverticulosis, cancer of the colon and more, according to Dr. Denis Burkitt of England.

May 31
Cancer Prevention

What you eat may be a significant determinant in lessening your cancer risk. Dr. Vincent T. DeVita, Jr., director of the National Cancer Institute, will discuss new studies underway. He'll tell you about cruciferous vegetables such as cabbage, cauliflower, broccoli, brussels sprouts, radishes and rutabaga, and why it is believed they may prevent cancer.

June 7
Organ Transplants

The ultimate act of charity: donating your organs when they are no longer of use to you. But how do you bequeath organs to save someone else's life? Hear about the need for donated kidneys and other organs from a renowned surgeon.

June 14
Hepatitis

Hear about the new vaccine for serum hepatitis and the men who made it possible. Learn how to avoid type A and type B hepatitis.

June 21
Artificial Kidneys and Hearts

Thousands are alive today because of the invention of the artificial kidney by Dr. Willem Kolff. Learn about his success in providing renal dialysis for those without kidney function and his new work in perfecting the artificial heart.

June 28
Burkitt's Lymphoma

Learn about a tumor which is highly treatable and which contains the Epstein-Barr herpes-like virus in an interview with Dr. Denis Burkitt, whose long safari to small hospitals in remote African villages uncovered some amazing truths about this once universally fatal cancer. Hear about his success in curing this tumor without surgery or radiation.

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bly in Des Moines, Iowa.

The church also has an elected moderator, an unpaid presiding officer who presides over the biennial general assembly as well as the church's 183-member general board.

The moderator for this biennium is symbolic of another of the Disciples' special interests—higher education. He is the Rev. William E. Tucker, chancellor of Texas Christian University, the largest of the 33 institutions of higher education affiliated with the church in this country, including seven seminaries and foundation houses. Other Disciples-related universities include Drake University in Des Moines and Bethany College in West Virginia.

The Disciples' most famous ex-student is President Ronald Reagan, who attended Eureka College in Illinois, where he was a football player, an actor and a campus leader. Reagan still holds membership in the Hollywood-Beverly Christian Church of Los Angeles, though he has had no involvement with the generally liberal Disciples in two decades.

The Johnsons often attended National City Christian Church in Washington, D.C., while Lyndon was president. The other Disciples president, James A. Garfield, was a lay preacher, the only preacher to serve as president of the United States. He also was president of the Disciples' Hiram College in Ohio.

Britain's World War I prime minister David Lloyd George was affiliated with the church, as is R. S. Garfield Todd, former prime minister of Rhodesia and one-time missionary, who spent several years under house arrest because of his outspoken advocacy of black majority rule in what is now Zimbabwe.

Poets Vachel Lindsay and Edwin Markham were Disciples who wrote with deep conviction on moral issues, and Carry Nation tramped the country at the turn of the century saloon-busting with her hatchet.

The Christian Church (Disciples of Christ) has lost members twice in its history because of splits in the denomination.

One group opposed practices not specifically authorized by the New Testament, such as instrumental music in the church and organized missionary activity, and pulled away gradually. It was finally listed separately in the 1906 federal religious census as the "Churches of Christ." (Some Disciples congregations still bear the name "Church of Christ" also.)

Another group pulled away over what it felt were too-liberal membership policies on the mission field. These members began withdrawing in 1926 and formally separated at restructuring time in 1967-69. These independent congregations refer to themselves as Christian Churches and Churches of Christ.

continued on following page

Can you name this picture?

. . .***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by May 21, 1984.

Our congratulations and a check for $100 go to Floyd Noye of Forest Hill, Maryland, for the winning caption in our April caption contest.

Young Orville was poised for his flight
When the family responded in fright;
The result was that Dad
Quickly grounded the lad
And proceeded to set Orville (W) right.

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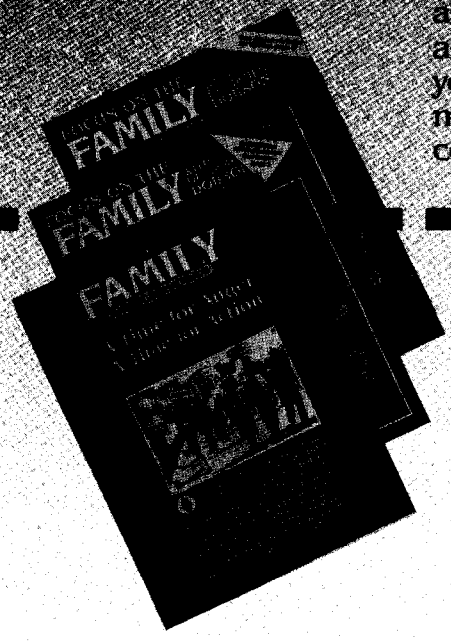

In addition, the psychologist's organization distributes a monthly magazine, topical booklets and insightful letters that serve to equip parents and fortify marriages. And they are available to you at no charge. If you would like more information about Dr. Dobson's ongoing work, please complete the form below.

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Teegarden has written about a Methodist friend who once told him, "You Disciples help keep my hopes for Christian unity alive. You haven't really united with anyone in your whole history, yet you keep insisting the church is one. You never seem to become disillusioned about the possibilities for church union."

And Teegarden's answer shows why the denomination's double name is important, no matter how long and confusing it may be.

"The generic first part, 'Christian Church,' points to our objective of unity," he said. "The distinguishing second part, 'Disciples of Christ,' reminds us that we have not arrived."

Olympic Hopefuls

continued from page 61

swimmer, do laps after practice.

"There I was underwater, shooting them, and they kept seeing me through their goggles and they'd laugh. We got some really good shots," he says.

Another aquatic star Iooss developed a rapport with was diver Greg Louganis, considered by many sports authorities to be a shoo-in for a gold medal in platform diving.

"The way I shot Greg was to actually practice or experiment on another diver, perfecting my shooting technique. Then I went to Greg and told him I wanted to try to do something special, something unique. He cooperated. I've found that when everything is working right, it comes down to just a few minutes it takes to get that great shot," Iooss says.

Although it helps for everything to go right, Iooss says it also helps when things go terribly wrong. At a track meet in Indianapolis last year, it started to pour just when he was going to photograph the marathoner Alberto Salazar. Iooss took cover under the stands, emptied of spectators. When he saw the marathoners coming down the track for the finish line, the empty stands in the background, he thought he might have a great shot.

Iooss ran in front of the runners and started shooting, his motor drive advancing the film rapidly. Although the actual process of photography took only a couple of minutes, he took a great shot of Salazar and another competitor heading for the finish line.

Not all of the competitors he has shot are as well known, though, as Salazar, Louganis or Edwin Moses, the great hurdler whom Iooss persuaded to pose. Look at his photo of a bike rider raising his hands in triumph in New York City traffic and consider this story.

The cyclist's name is Nelson Vails. He used to be a messenger boy for a Manhattan delivery service and would race around town on his bicycle. He became so proficient he began training in earnest and became a nationally ranked cyclist in the sprints.

"You'd better not let your father catch you playing with his new hammer!"

"Nelson trained at the Colorado Springs United States Olympic Training Center," Iooss adds. He neglects, rather diplomatically, to mention that the center is actually a group of old army barracks. He does describe the training facility as "not real opulent. Most of the good athletes train in clubs in their hometowns or in Los Angeles, where it's warm."

Having followed sports for the past 20 years as a *Sports Illustrated* photographer, the 36-year-old Iooss seemed just the person to ask the essential question: Why do some athletes rise to the occasion, while others fold under the pressure?

"You can't put a finger on it," Iooss answers. "In tennis, it's the athletes who make the key points who win. Some people make them and some don't. Their physical ability is the same, but maybe the winners are tougher mentally."

All eyes will be on the Olympics, but Iooss feels that the real drama, and the biggest event in the lives of the prospective Olympians, will be the Olympic trials, which take place over the July 4th weekend.

"I liken the trials to baseball: It's the regular season and the playoffs put together. If you don't do well during either, you don't get to the World Series, which in this analogy is the Olympics. If an athlete doesn't do well, he doesn't get a place on the Olympic team. Do you know how heartbreaking that is? Years of training and all they get is a ticket home, just *weeks* before the Olympics begin. Some athletes will lose by only 1/100th of a second."

Who then, are the athletes to watch, the ones who have a chance to take home a medal, the champions who win under pressure?

"Nobody has a medal locked up," Iooss cautions. "An athlete can sprain an ankle warming up at the Olympics, and he'd be out of competition. But if they stay healthy, I think Moses will win the hurdles, Lewis will take the long jump and a great boxer named Mark Breland can take home a medal. And Mary Lou Retton is an exciting gymnast. She may be the best vaulter in the world among the women.

"You know, TV will make the Olympics really exciting. There'll be 400 cameras capturing all the action."

As for Iooss' camera work, some of which is reproduced here, it will travel the country in a special exhibit sponsored by Fuji Photo Film U.S.A. The exhibit will be opened in Washington, D.C., by Sen. Howard Baker. The night before the Olympics begin in Los Angeles, the photos will be auctioned, the net proceeds going to the American National Sports Federations.

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When your knees go bad ...you're in trouble!

Now thanks to Coach "Cotton" Barlow, there's an answer!

Nobody knows more about crippling knee pain, stiffness and strain than "Cotton" Barlow.

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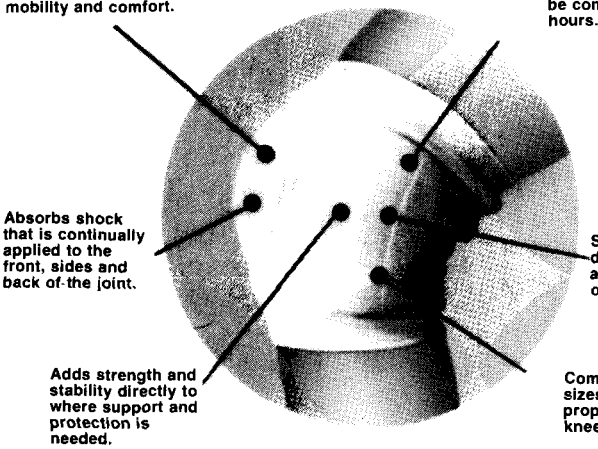
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Lightweight non-metal construction allows full range of motion and can be comfortably worn for hours.
Absorbs shock that is continually applied to the front, sides and back of the joint.
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At first I wasn't sure . . . now I want a brace for the other knee. I've had knee problems for the last 5 years. I only wish I had known of this brace 5 years ago. I'm so grateful. Thank you. J.N. Hartwell, GA

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Measure around the knee, one inch above the knee cap.
CIRCLE ONE
(**SM** under 15") (**MED** 15" to under 17") (**LG** 17" to under 19") (**XL** 19" to under 21") (**XXL** 21" and over). If in doubt, send exact measurement _____.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Research is a divine service, a divine vocation. God is the artist, and the greatest compliment you can pay an artist is to study his works."—Albert Szent-Györgyi, M.D.

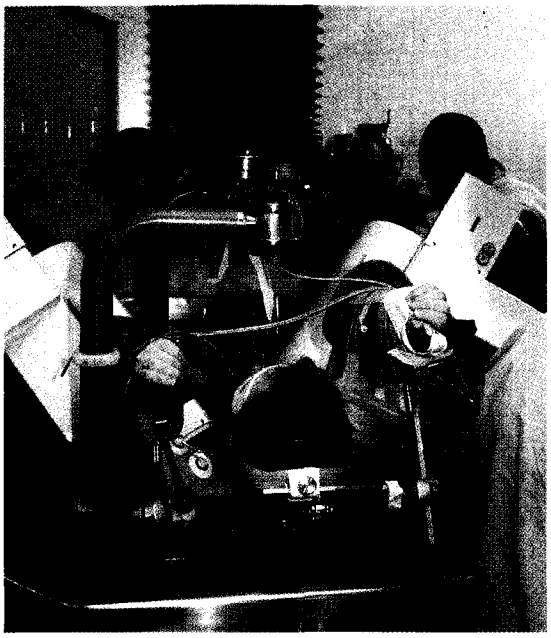
Spared from the Knife

Many kidney-stone patients only a day away from the knife have been relieved to find that the lithotripter is under way in Indianapolis, and stones are being demolished at the rate of five per day. Those lucky enough to make it to Indianapolis are usually back home in less than a week with no convalescence from surgery. This totally non-invasive method is truly a medical marvel.

Members of the Kidney Stone Formers Club who have had their stones removed either in Munich, Germany, or at Methodist Hospital in Indianapolis will be happy to share their experiences with any stone sufferers. Al Moore, who recently had a stone removed by the lithotripter in Indianapolis, will be happy to accept calls or answer letters from fellow stone sufferers. His address is 7206 N. 15th Avenue, Phoenix, AZ 85021, telephone (602) 995-4968.

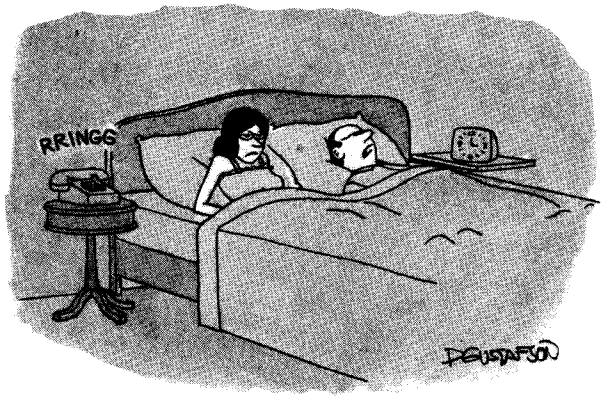
Kidney Stone Formers and Reformers

There will be a meeting of the Kidney Stone Formers Club in Indianapolis on July 20th at 2:00 p.m. Stone formers will be given an opportunity to see the lithotripter at Methodist Hospital. They will visit the headquarters of the Club at 1100 Waterway Blvd., and then will be taken to the Indiana University campus and the kidney stone analysis laboratories of the Beck Analytical Services in Bloomington. They will stay at the Speedway Motor Inn, located on the 500 mile race track in Indy. Anyone interested in attending the meeting should write to Mr. Robert V. Bullock, Vice President, KSFC, 6 Warwick Lane, Frankfort, KY 40601 or Linda Rasor at headquarters.



Urologist Jim Lingeman at Methodist Hospital in Indianapolis demonstrates the first kidney-stone lithotripter in operation in the United States. He went to Munich, Germany, to learn the technique from Dr. Chaussy and his staff.

Happiness for Dr. Christian Chaussy from Germany is seeing the first patient treated with his lithotripter in the U.S. Happiness for *Post* editor is scooping the *New York Times* and the *Wall Street Journal* by nearly two years on the story of this medical marvel.



"Something tells me Mrs. Johnson found out I substituted placebos for her valium."

One of the functions of the Kidney Stone Formers Club (KSFC) is to target more research on the *prevention* of stones. Since there are so many different kinds of kidney stones there is opportunity for much work to be done. The KSFC would like to establish a central location which would gather stone information for the entire country.

The oldest kidney stone analytical laboratory was started when urologists began sending kidney stones to Dr. Karl W. Beck, formerly a mineralogist at Indiana University, for analysis. Dr. Beck began subjecting biologically formed stones to analytical methods used to study geologic rocks. At first he used X-ray diffraction crystalographic equipment in the university. Later, as word spread among urologists, he expanded his kidney-

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stone laboratory. More and more stones were sent in requiring a staff and special equipment to be acquired. Today the laboratory handles 1,100 to 1,200 stones a month from all over the world including the Middle East and South and Central American countries.

Since the lithotripter pulverizes the stones, the Beck Laboratories have had to devise new means to analyze, not kidney stones, but kidney sand. The sand is retrieved from the urine after the stones have been demolished by the shock waves.

Learning the composition of a stone is important to the patient's resolve never to form another one. If for example, a patient suffers from a uric acid stone, a typical anti-gout diet should be started. If the lab determines the stone to be high in calcium oxalate, the patient might do well to avoid foods rich in oxalates. These foods include rhubarb, spinach, chocolate, tea, cocoa and some instant coffees.

With follow-up of stone formers, we hope to have more information about what a stone former of a certain kind of stone should and should not eat. Geographic locations make a difference in stone incidence and water supplies seem to be implicated. There is a vast amount of information that could be learned by surveying stone formers worldwide.

The National Kidney Stone Registry, a project of the Kidney Stone Formers Club, now has 1,800 answers to its survey. The Club will discuss ways in which computerized tabulations of these results can best be put into the hands of hospital researchers who can utilize the information in clinical trials.

Meanwhile, in Germany there is a newly developed drug that will dissolve uric acid stones if the urine is kept at a certain pH. The Club would like to send a representative to Germany to investigate this new drug.

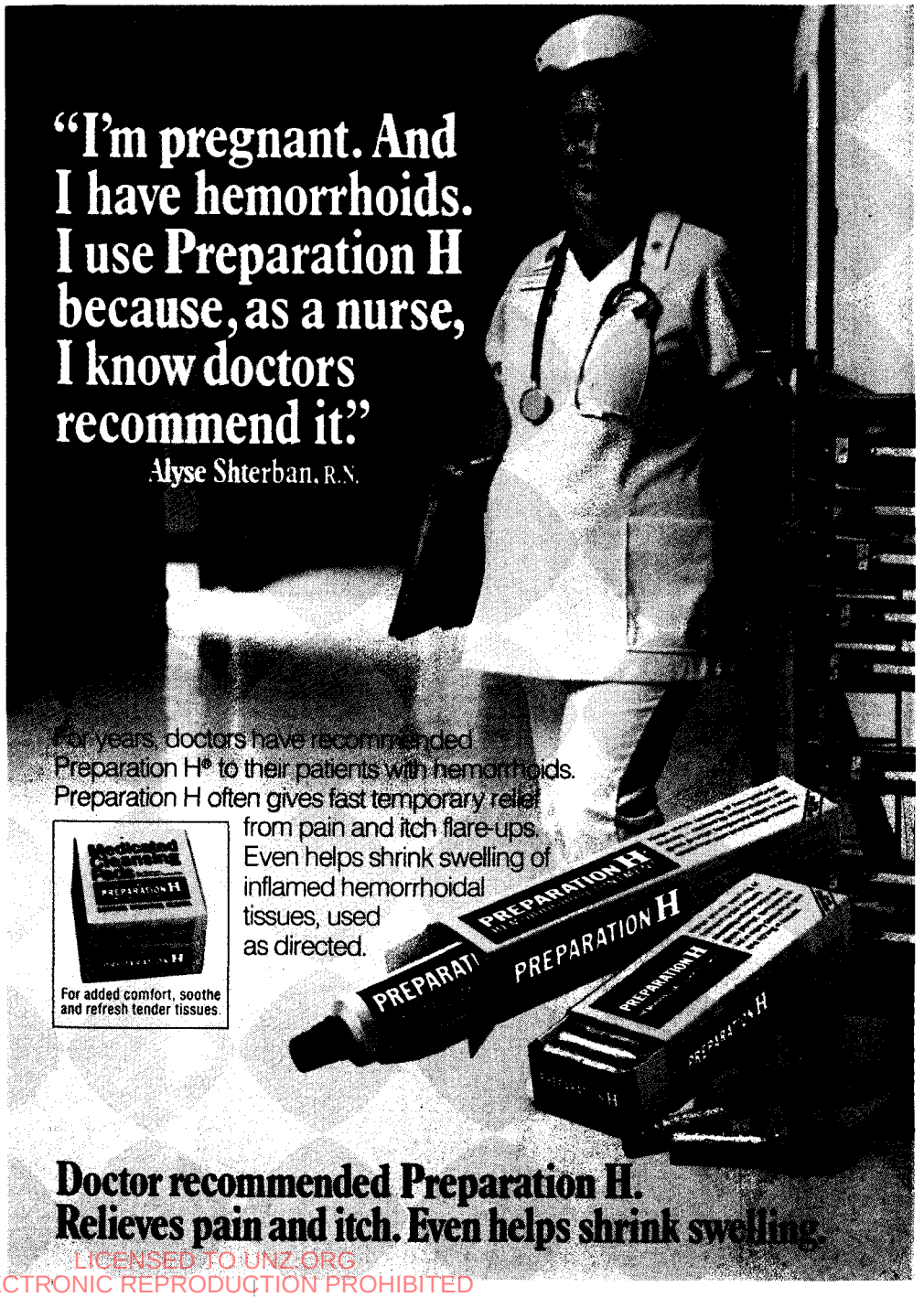
Those interested in joining the Kidney Stone Formers Club to help this activist group should write to fellow stone former Linda Rasor, 1100 Waterway Blvd., Indianapolis, IN, telephone (317) 636-8881.

Non-compliance

Patient compliance, or rather non-compliance, leads to bad medicine. What I mean is, it leads to defensive medicine. I'll give you an example: The doctor gives his patient with mild high blood pressure a diuretic (water pill) when he knows full well that putting the patient on a low-salt/high-fiber/low-fat diet would be better treatment for the patient. But this doctor has learned from experience that not all patients are compliant. Many won't change their habits and uncontrolled hypertension is too serious to take a chance on. When he prescribes the diuretic and the patient takes this medication, he can feel that he has complied with acceptable medical practice.

Another example: A doctor whose patient has diverticulosis (outpouchings of the colon) or even diverticulitis (infection of these outpouchings) knows that the patient needs to be on a high-fiber, high-residue diet to bulk up the stool. But, afraid that the patient won't change his eating habits, the doctor feels it is safer to prescribe a stool softener. Perhaps he feels if he writes it on a prescription blank, the patient is more apt to comply. These are useful products for the non-compliant, but a patient could accomplish the same thing less expensively with bran and other high-fiber foods.

The moral of this story is: If you are a highly motivated, health-conscious person who can be counted on to change your diet habits, communicate that carefully to


"I'm pregnant. And I have hemorrhoids. I use Preparation H because, as a nurse, I know doctors recommend it."
Alyse Shterban, R.N.
For years, doctors have recommended Preparation H® to their patients with hemorrhoids.
Preparation H often gives fast temporary relief from pain and itch flare-ups.
Even helps shrink swelling of inflamed hemorrhoidal tissues, used as directed.
For added comfort, soothe and refresh tender tissues.
PREPARATION H
Doctor recommended Preparation H.
Relieves pain and itch. Even helps shrink swelling.

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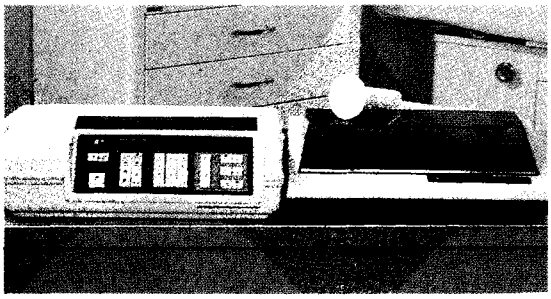
your doctor. If your doctor knows he can count on you he may recommend that you could do better with diet the same things that the drugs do less well for the non-compliant patient.

A Smokeless Generation

The Benjamin Franklin Society is hoping to develop a smokeless generation by teaching today's children about the deleterious effects of smoking through the pages of *Humpty Dumpty, Jack and Jill, Child Life* and our other youth magazines that now have been converted to health publications. This isn't controversial. Even the most rabid fighter for "smoker's rights" doesn't want his or her children to start this cruel, addicting habit.

In addition to the youth publications, we've started a program in which Dr. DeLamar Gibbons and respiratory nurse Nancy Roberts will take our new spirometry equipment into high schools. In a pilot school, sophomores are taught lung functions prior to the visit. Then the portable spirometer that is equipped with a computer and printer is brought to the classroom. Selected teachers and students, both smokers and nonsmokers, will be tested. Teachers who smoke will be able to compare their lung capacities with their nonsmoking counterparts. The participant's age, sex and height is entered into the computer, which then prints out what the lung capacity is expected to be and what it is for the person blowing. A graph is drawn in seconds and the participant can see the results immediately.

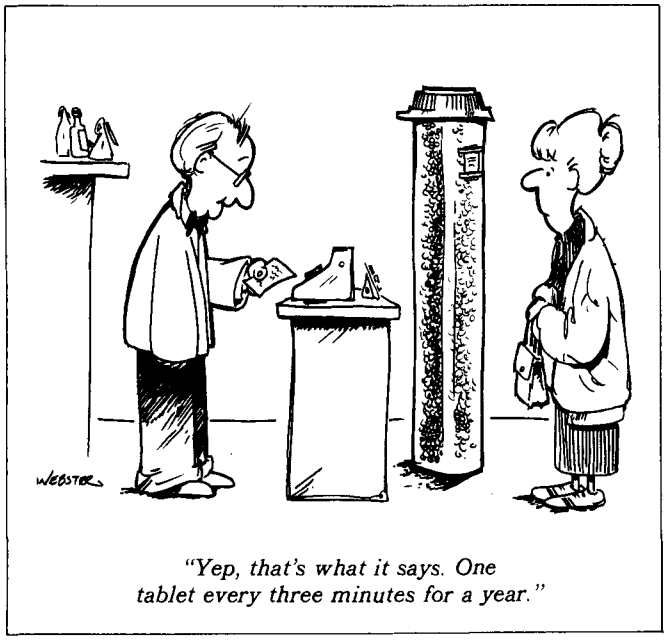
The *SatEvePost* recently acquired a computerized spirometer which measures the lung's capacity, and more important, how much air can be blown out in the first second of expiration. The Society's Dr. DeLamar Gibbons demonstrates the test for Rita Cole, who has just conquered a 22-year smoking habit.



Stalking the Susceptible

In the new program, we are also inviting all Society members who are between 20 and 40 years of age who smoke to come for a free spirometry reading at our headquarters, 1100 Waterway Blvd., Indianapolis. Any smokers in this age group who have a family history of emphysema or any other obstructive lung disease are particularly urged to come in for the free reading. We chose this group for our testing since it is possible for spirometry to identify vulnerable individuals who are already losing lung function at a *faster rate* than other smokers. These people are "sitting ducks" if they continue to smoke. They will suffer incapacitating emphysema at an early age. We want to target these congenitally vulnerable smokers to help them quit. We feel we can prevent more disease by concentrating on this group. All persons tested will be urged to try a variety of methods for quitting, including the new prescription gum, Nicorette®, which is now available in drug stores throughout the country.

Rita Cole, our administrative assistant, who smoked two packs a day for 22 years, hasn't had a single cigarette in six weeks! She quit with the help of Nicorette gum, which she chewed for about five weeks. It was necessary for her to chew about 90 pieces, and she hasn't needed to chew any more for the past week. This is a real victory for us, since we had tried everything, including hypnosis, to help her quit. Now she's sure she's conquered her addiction, and with the zeal of a true convert she'll help with the "stop smoking" campaign.



"Yep, that's what it says. One tablet every three minutes for a year."

Vitamin C Alert

A sad call came from California. Some of our readers may remember the story about two brothers who gave each other outlandish gifts each Christmas (Dec. '81). In the end one brother gave a 16-foot bulldog for his brother's lawn.

One brother called to say that the other had a colon cancer. He had noticed a little blood in his stool. He im-

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mediately investigated, and at first nothing could be found. Then, during an exam going farther up the colon, all the way into the transverse colon, a small cancer was discovered; but unfortunately, on further investigation a metastesis (spread) to the liver was found. Chemotherapy was started, and he was discouraged. Would my husband please talk to him, his concerned brother wanted to know.

I used this opportunity to warn my husband: "This could happen to you, you know!" You see, my husband won't go off his vitamins for two or three days to have a valid stool test for hidden blood. He reads the *Post*, and he knows that the tests available for looking for occult blood in the stool are very good at detecting that first oozing of a little malignant group of cells, long before they journey to the liver or elsewhere.

But he is a hopeless optimist. I am sure he thinks nothing that serious will ever happen to him. He thinks I should be satisfied that he frequently submits to sigmoidoscopy—a full viewing of the colon with a fiberoptic sigmoidoscope (Med. Mailbox, Oct. '83). Besides, he tells me, he won't go off his vitamin C long enough to be tested, because doing so might in itself cause him to lower his resistance against ever present viruses. He believes his multivitamin combination is something like a shelter against any deficiencies he might develop. But it also contains sufficient vitamin C (more than 500 mg) to invalidate all the tests for hidden blood in the stool currently available on the market. Even the stool tests that doctors routinely do on a patient when they do a rectal exam are of no value if the patient has been on vitamin C in excess of 250 to 500 mg during the prior three days.

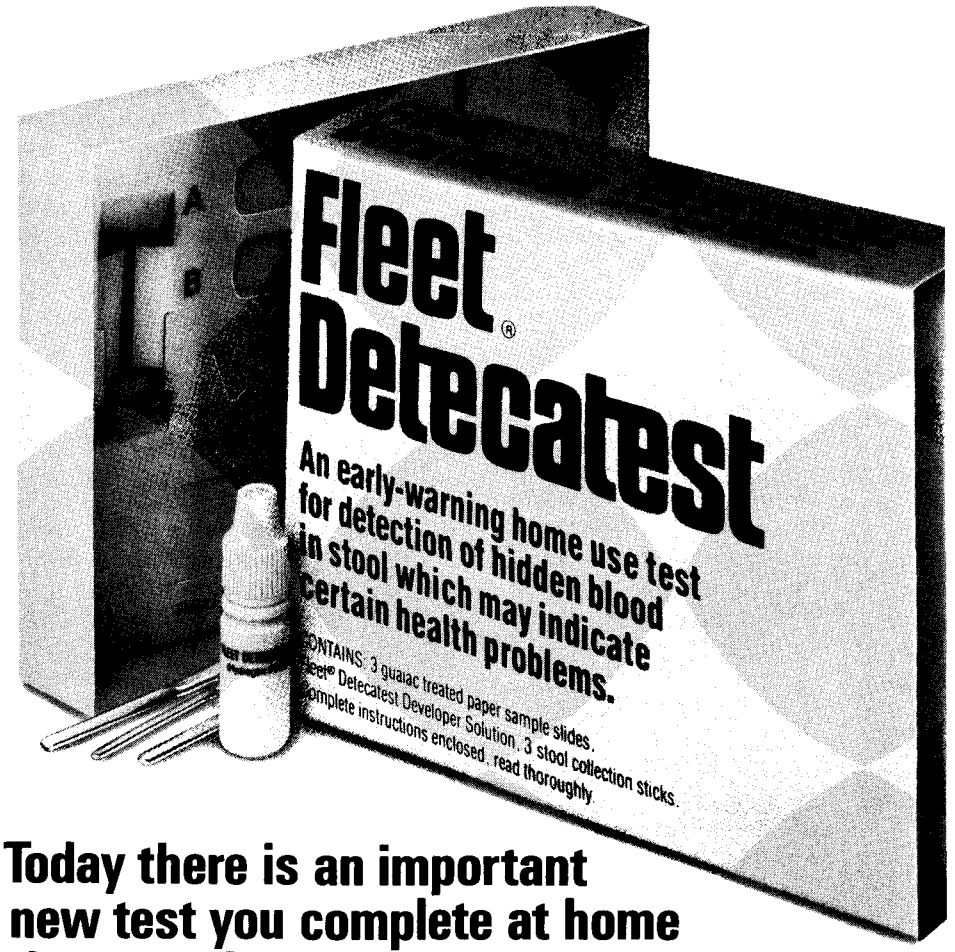
As I have explained before in this column, vitamin C prevents the test chemical, which turns blue in the presence of minute, invisible blood, from reacting. And so the doctor or the lab technician reads the results as negative—or "no problem"—even when there's hidden blood present.

Time is valuable in diagnosing a colon cancer. Some people don't get tested because they don't want to hear any bad news. Well, let me tell you some good news. My 82-year-old mother's colon cancer required surgery but no chemotherapy. A few weeks after surgery, she went to the Holy Land and was riding on a camel. She has traversed the globe since then without a single problem.

Chemotherapy and radiation therapy can be avoided when colon cancer is caught early. The message is: Go off vitamin C for 3 days and have a stool test. For the previous articles on the subject, please write to us.

Late Flash!

The 80th patient to have her kidney stone removed in Indianapolis is back at work within a few days. Kim Alice Reasons will be available at (408) 724-5086 or stone sufferers can write to her at 730 Martinelli Street, Watsonville, California 95076.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An early-warning home use test for detection of hidden blood in stool which may indicate certain health problems.
CONTAINS: 3 guaiac treated paper sample slides, Fleet® Detecatest Developer Solution, 3 stool collection sticks. Complete instructions enclosed, read thoroughly.

Today there is an important new test you complete at home that can give you an early warning sign of potentially serious health problems.

Cancer of the colon and rectum is the most common cancer in this country. However, many of these cases can be successfully treated if detected in time.

One early warning sign is hidden blood in the stool, and one kind of test can detect it.

Fleet Detecatest® is like the test your doctor gives you, except that you complete it at home.

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MONEY TALK

by Jane Bryant Quinn

When a customer arrives with money, an aggressive stockbroker's course is perfectly clear: He'll advise you to sell most of what you have (at a nice commission to him and the firm) and buy something else (at another nice commission). He's especially blessed if you're interested in tax shelters or tax-deferred annuities, because they can carry very high commissions. He'll talk a lot of extravagant nonsense about the future of stocks and interest rates, both of which—if the truth were told—are a mystery to him. You'll talk a lot of nonsense back, about how you want to make lots of money without taking any risks. Before you know it, the two of you will have lost money together—or rather, lost *your* money, since that's what's on the table. And then you'll start wondering if you've been robbed.

Trouble comes when customers don't understand an investment or when brokers aren't clear enough about the facts. When the price goes down, recriminations start. If you take a flier, you can't blame the broker for your mistake. But he may be at fault if he crosses the line between optimism and misrepresentation, which can only be determined by arbitration or in court. Some cases now in dispute show how differently customer and broker can see the world:

■ A Texas retiree concentrated $45,795 of his money in bonds of the Washington Public Power Supply System in the belief, he says, that they were backed by a quasi-government agency. In fact, only WPPSS projects 1, 2 and 3 have any such backing; he bought projects 4 and 5, which fell into default. The firm, Prudential-Bache, insists that he had the right information but took projects 4 and 5 for their higher yields.

■ A 70-year-old widow is suing Shearson/American Express and alleging that three of its brokers sold out most of her blue-chip portfolio, put 75 percent of her assets ($500,000) into a Baldwin-United annuity and invested most of the rest in listed options. She lost nearly $17,000 in options within a few months, and her annuity has been frozen into the Baldwin bankruptcy. Shearson declines to comment on the case.

If you think something's wrong, ask your broker about it, but if he resists, don't push him, advises William Fitzpatrick, legal counsel to the Securities Industry Association. Write (don't call) the head of the branch office. Simple mix-ups should be easy to solve. In clear cases of error, the compliance department of the main office may even offer a money settlement.

If you and the firm cannot agree, you're ripe for the binding-arbitration service offered by many of the securities exchanges. Complaints involving $2,500 or less cost $15 to handle by mail or $50 if you want a full hearing. Larger sums are usually handled in person before a board of arbitrators and in a city convenient to you. Fees rise with the amount in dispute, topping at $550 for claims of $100,000 or more. You'll want a lawyer at the hearing if you hope to recover a lot of money; you can be sure that your broker will have one.

"God created the Heavens and the Earth? Where did he get the financing?"

The agreement that you signed when you opened your brokerage account may illegally imply that you must take all disputes to arbitration; a new ruling from the Securities and Exchange Commission forbids such misleading language in the contracts. You can always pursue violations of federal securities laws in court. Your chance of recovery in an arbitration appears to be 50-50. The New York Stock Exchange's arbitrators last year decided 137 cases in favor of the customer and 139 in favor of the broker.

The advantage of a lawsuit, says Pennsylvania attorney Richard Greenfield, is that you can use discovery procedures to find the broker's other clients, who may help your case. Lawsuits usually turn on misrepresentation of the investment, buying unsuitable securities (like putting widows into commodities) or churning—rapid and profitless buying and selling just to generate sales commissions.

The ways to protect your purse on Wall Street are so simple that it's hard to get people to do them:

■ Don't give a broker the right to buy and sell stocks for you without getting your permission every time. The temptation can be overwhelming to generate commissions for himself by overtrading your account.

■ Never put your life savings, or the bulk of them, into any one investment, except insured bank accounts. And drop any broker who suggests it. No more than about 10 percent of your money, at most, should ride on a single stock, bond or annuity.

■ Don't deal with brand-new stockbrokers or brokers getting into new products. They may not know what they're doing yet, and you shouldn't let them practice on you.

■ If you're aging and must have a money manager, a bank—despite the failings of many trust departments—is probably safer than a stockbroker.

■ Act immediately to rescind your trade if the investment looks different from what the broker claimed. Arbitrators get pretty cynical about investors who wait to see if the price goes down before they start to complain. If you take notes every time you talk to your broker, you'll have something to go on if you ever disagree.

Associate: Virginia Wilson

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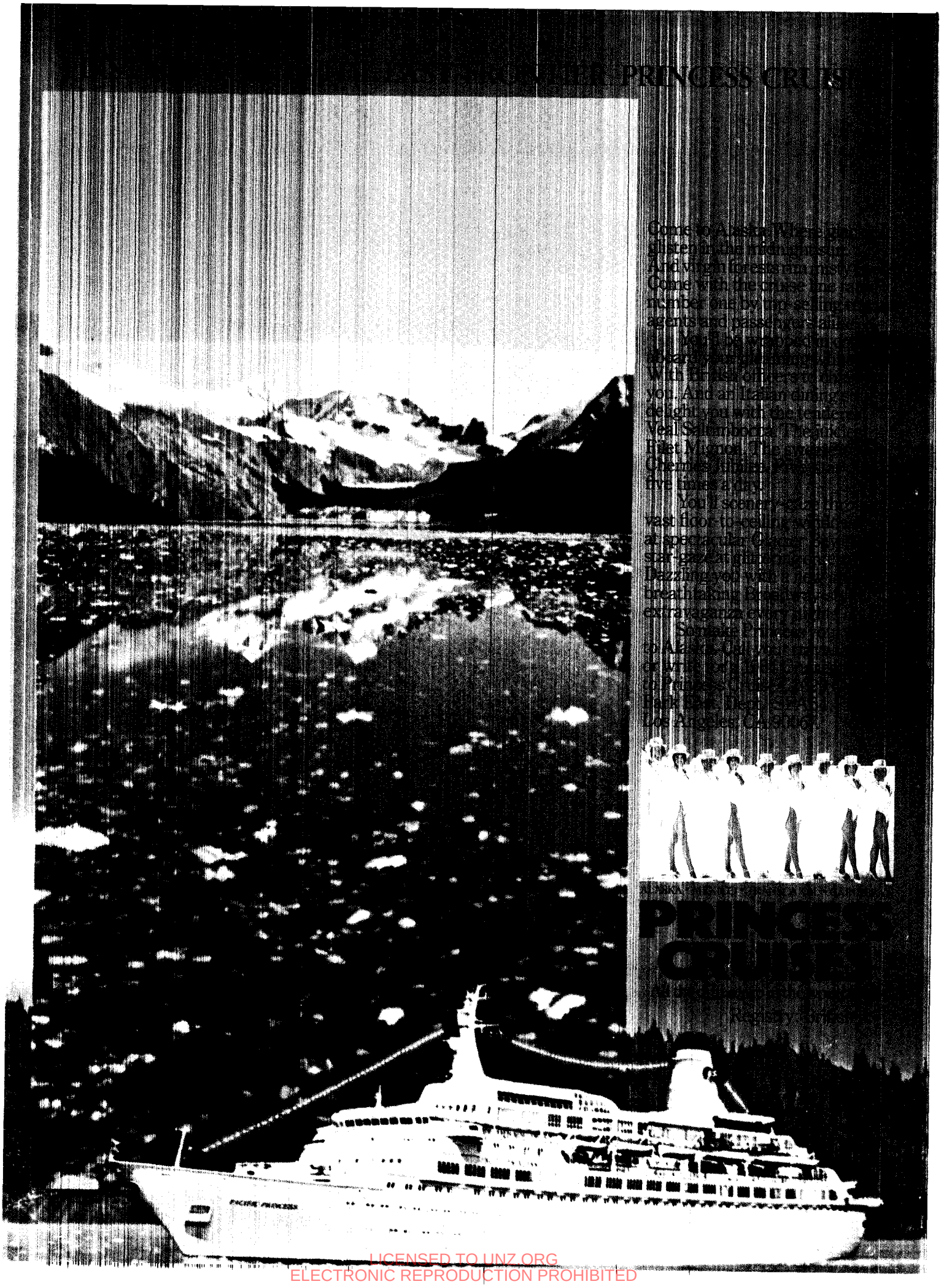

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